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INDIA EDITION VOL 8 ISSUE 5

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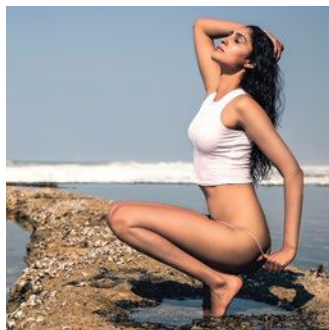


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WLS

WILLS LIFESTYLE

On your marks. Get set. Play.

SPORT
ss.15

TERRACE PARTY WITH GOURMET BEERS



FROM THE EDITOR'S DESK

If we were to single out three things that make us Indians happy, they'd be cricket, women and then cricket again! As the World Cup is over and we've lost the semifinals against the eventual champions, Australia, things have come to take a brighter turn for fans. The Indian Premier League stands round the corner. Set your dates on the calendar and don't let anyone interrupt you (Pg 82).

With this IPL fever, we even decided to make our own dream team, shunning the rules, splashing the cash and got the best XI. (pg no 22).

Moving on to the other half of our happiness—Women. On the cover this time, we have a scorcher of a girl in the former Miss Britain, Amy Willerton. Believe it or not, she is just 22! We listen to Priyanka Moodley as she explains to us her ideal man and bares her desire to be featured on the cover. Duly noted, girl! For a girlfriend upgrade we introduce to you the hot, sizzling, rugby-loving, whiskey-drinking Carly.

On the gaming front, we toyed with two super cool play-offs last month. Take our cue and start a Zombie-cide (pg 40) or dive your way into the hell (pg 38).

One Night Stands are fun, aren't they?

But how much is too much? Find on pg 20.

It is that time of the year again when the Sun squeezes its ass off to show who's the boss. There is no running away from the heat. But we show you how to turn this dreadful, sweat-worthy summer, around with a twist. If you can't beat it, make it a reason to look cool (pg no 94). Next up, we have an 8-page bonanza with the Age of Ultron Avengers, Hulk, Ironman and Thor as they talk about life as superheroes and otherwise! Talking of super humans, we feel the hottest need of the hour is to have a customised bunch of them for our own Indian streets. Find out who they'd be and what they'd be capable of. (pg 60)

Styling tips and trainers are never out of fashion. Summers are just the time to show all that off! (pg 114)

One thing that doesn't ever let alone our attention is food. And who better than our DJ BBQ to look up to for inspiration and guidance. Presenting an awesome recipe for the man food (pg 112).

Finally, no season gives you a reason to stop partying. This time around host a party on your terrace and go heavy on the heat with these gourmet beers (pg 24).

Happy summers!

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FHM IS CALLED INTO MEETINGS BY
Publisher & COO Vikas Johari
CEO & Managing Director Prakash Johari

FHM IS TAKEN ON ITS TRAVELS BY...
International Director of Men's Magazines
Simon Greves (+44 20 7182 8074)
International Head of Content
Anouska Christy (+44 20 7182 8941)
International Commercial Manager
Graham Kirk (+44 20 7182 8941)
International Content Manager
Jennifer Batchelor (+44 20 7182 8056)
International Content Coordinator
Charlotte Smith (+44 20 7182 8069)
International Content Executive
Ryan Chambers (+44 207 520 6561)

Information: info@maxposure.in
Subscriptions: subscribe@maxposure.in
Submissions: fhm@maxposure.in
Advertising: sales@maxposure.in
Accounts: accounts@maxposure.in
Careers: hr@maxposure.in

MaXposure Media Group (India) Pvt. Ltd.

North | Head Office | Unit No. G-0-A (Ground Floor),
Mira Corporate Suites, Plot No 1 & 2,
Ishwar Nagar, Mathura Road, New Delhi-110065
Ph: 91.11.43011111, Fax: 91.11.43011199

Chandigarh | Sco no. 866, 2nd Floor,
Office No. 18, NAC Manimajra, Chandigarh - 160101.
Ph: 91.9988985839

East | Kolkata | DPS Corporate Club 1st Floor, 9A Sebak Baidya
Street, Kolkata-700029 Ph: 91.33.40680111

Raipur | Magnetto Offizo, Office No.546, 5th Floor,
Magnetto The Mall, G.E.Road, Labhandi, Raipur.
Ph: 91.771.4264571

West | Mumbai | Office No 401, Shubham Centre A1, Cardinal
Gracious Road, Chakala, Andheri (East), Mumbai 400099
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Hyderabad | 1-11-222/2 Ground Floor, Street No.4, Gurmurthy lane,
Begumpet, Hyderabad-500 016 Andhra Pradesh, Ph: 91.40.40021545

Chennai | 2nd Floor, X-42, Sindur Shopping Centre, 2nd Avenue Road,
Chennai- 600040, Ph: 91.44.42015684, Fax: 91.44.42015685

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ASSESSES

IT'S
GREAT
TO BE
A MAN

All geared up...

PRIYANKA MOODLEY

The South African-Indian model walks out of her hood and satisfies *FHM's* inquisitive side. She talks about Indian parents, her taste in men and her love for adventure.

WORDS SIDDHARTH M JOSHI

WHO
SHE?

Age: 24

From: Durban, SA

Likes: Belly dancing,
hiking, abseiling,
mosaicing

Twitter:

@Pri_Moodley

Instagram:

@pri_moodley

Hi Priyanka, how you doing?

Hi, I am well, thanks...

How would you say hi to someone you've had a crush on since ages and he comes right in front of you?

Firstly, I would have butterflies in my stomach, probably the whole zoo. I would be confident enough, to take the first step forward, because love is a two way street. I would probably, bump into him, gaze into his dreamy eyes, and just say this in my head, "Where have you been all my life!"

Now we're talking... Tell us something about yourself.

I was born and bred in South Africa (5th generation to be precise). I am an introvert, warm person (though I may not look like it), calm and composed (I may not be sometimes!! ;))

You have a degree in Finance and Management Accounting. Are we missing something here?

Oh you've done your research... I was modelling in SA and had always wanted to model and travel, which wouldn't have been possible until I finished my tertiary education (TYPICAL INDIAN PARENTS YOU SEE), though I'm grateful they pushed me in the right direction, I wouldn't have done it any other way.



ACCESS



You have a fab figure. Should we call your choice of calling the optimum utilisation of resources?

Let's just say initially I was blessed with a good metabolism but as you get older and things change you have to rethink your lifestyle. I don't believe in crazy diets and depriving myself of life's luxuries (I'm a foodie you see...) so eating well and indulging in the right quantities is what works. And working out of course!

Did your Indian roots bring you to India or was it something else?

It's actually my third time to India, but my

first work trip. I decided to model in India because I felt it would be a good market to start with, considering Indian looks. I never ever saw myself living here, it's so crazy, but it's been the best experience so far!

So you've flashed for The Sharks for real?

You're quite the detective, are you sure you're in the right profession? (laughs)... Well yes I've had the privilege to represent the best rugby team in the world (Yes! they are the best). I'm proud to say it's my favourite sport to watch! GO SHARKS!

What keeps you busy on a Sunday...

ok right... on an off day?

I'm very chilled out. I love sitting in my pajamas all day, hair tied up, no make up on and catching up on my favourite TV series. Or head outdoors and do something adventurous.

What does a guy have to do to impress you?

He needs to put on an infectious smile and just be awesome. I like my guy to be funny, down to earth, interesting and have all those 'gentleman' qualities that I guess every girl would want. Quality conversation is what keeps me interested.

Wow that's some benchmark! So,

“ I LIKE MY GUY TO BE FUNNY, DOWN TO EARTH, INTERESTING AND HAVE ALL THE ‘GENTLEMAN’ QUALITIES ”

ACCESS

have you had a near perfect date?

It was the 3rd of April, 2010 and my life was just changing. It was my best friend's 21st birthday party, and I asked my favourite crush to be my lucky date. He played the cards ahead and took me to a super fine dining restaurant, and the romance, was just bubbling now. I was shy, but the moment he started conversing with me, I was immediately engaged. (P.S. in conversation, of course). We took a very romantic walk, and went for my best friend's party. By the time we reached my place, I was married (again in conversation), till 6 am. I had the time of my life, and it was truly unforgettable.

You're drooling already. Our turn... What do you think makes a woman most sensuous?

A woman who loves life and isn't afraid to show it, puts efforts into grooming and smells attractive. Guys also like women who laugh at their silly jokes.

Silly jokes, eh? What other talents do you have?

I love dancing! I am a belly dancer by hobby but it has turned into a serious hobby that took me far enough to go to Cairo for workshops with world renowned dancers. I also love crafts which've got me started with mosaicing, from making frames to beautifully mosaiced mirrors.

What is your idea of fun?

All things adventurous! I love hiking, abseiling and most things outdoors, next on my list is sky diving!

What's your take on a full monty shoot?

Full Monty shoot? It's funny you would ask me that, because trust me, I know the truth is naked, but not my body, not just for any reason, unless there's a noble cause involved which I completely trust and believe in (but it must be done in a tasteful manner, these things can get quite tricky). A monty shoot is like a neat drink, it gets you high easily. As for me and my choices, I'm a shy next door, happy go bubbly girl. Some facts are best not revealed.

Ahem... Sure. So, where do we see you next? Films, music videos?

On the cover of FHM, maybe. lol ;)

Darn smart! How would you say bye to someone you've had a crush on since ages and is going away from you...

You know, that, just like in the movies, this would be my perfect moment, to express my love, and he would cancel his tickets and not go. But then again, change is inevitable, and you would never know how he feels about me, and as Coldplay says, "If you never try, you will never know". So accept life as it comes, because if everything worked out for you every time, life would be nothing but monotony.



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AM I MAN ENOUGH FOR FIFTY SHADES-STYLE SEX?

Get clued up in the art of bondage before your other half reveals her new toolbox of sadistic sex toys...

Any guesses what last year's most-watched film trailer was? Perhaps the next instalment of record-breaking sci-fi classic *Star Wars*? Or the reboot of box-office dinosaur smash *Jurassic Park*? Not even close. It was, of course, the movie that's turning girls around the world into sweaty, quivering wrecks: *Fifty Shades Of Grey*. Back in July, it racked up a staggering 36 million hits (roughly the population of Poland) in just five days as bondage-hungry viewers logged on to catch a first look.

The books by EL James, which have sold more than 100 million copies, brought about the 'Fifty Shades Effect'. Passages such as the one about 'jiggle balls' helped sales of the ancient Asian sex toy to rocket by 400%: "I felt the balls move and bump against each other inside me. By the time I was standing up my breath was coming in quiet gasps, and my nipples were hard as pebbles beneath my dress." So, before its release, on 13 February, has everyone gagging for whips and chains again, we enlisted *Dirty Sanchez* pain junkie Matt Pritchard (who often pulls fish hooks out of his own ear) and model Maeve Madden to get to grips with a bondage beginner kit, so you know exactly what to expect when the lights go down and the spank paddle comes out...



Pain-junkie tester:
Matt Pritchard

Hot-as-hell
whipsmacker:
Maeve Madden

DRIPPING CANDLE

Drip this low-heat-melting wax on to your partner for a warming sensation similar to the blood rushing around your body before sex.

Pritchard: "It smells like Play-Doh, and now it looks like King Kong's jizzed on me. It's so fucking greasy that I can't pick up anything without dropping it."

Maeve: "It's fun, in a 'Hey, this is different' kind of way. The dripping is sexy, but massaging the wax is just messy."



BONDAGE FOR BEGINNERS

The starter kit you'll need to get kinky, as recommended by top sex-toy site playkinky.com

EASY DOES IT



Fetish Fantasy bondage tape, ₹463



Black Rose Kinky Kuffs, ₹2,321



Fetish Fantasy spreader bar, ₹2,321



Black Rose Forbidden Flower mouth bit, ₹1,857



Aqua Rose massage candle, ₹1,392



Fetish Fantasy Feather Nipple clamps, ₹927

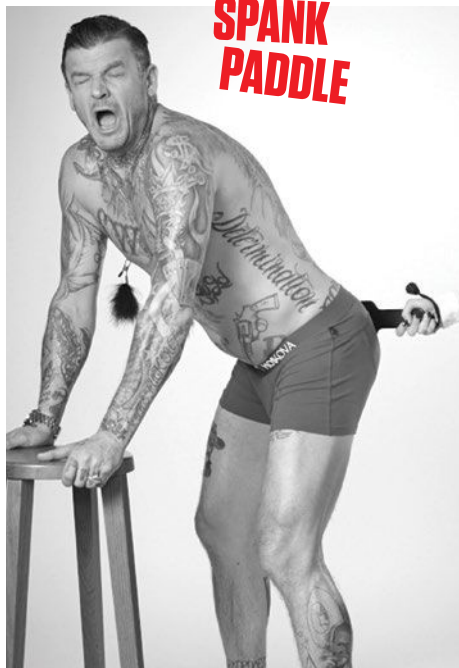


Black Rose Sultry Spanker, ₹2,320



Black Rose Vixen Vines, ₹4,642

HARDCORE



SPANK PADDLE

Spanking the area between the ass and the thigh can arouse the genitals for both men and women.

Pritchard: "It's like a welling pain that sort of throbs, and my arse is definitely red raw. It makes a hell of a noise, too. I think she's getting into this."

Maeve: "This is my favourite! I love this paddle – I really feel like I'm in control, and I like it."



BONDAGE TAPE

A survey conducted in Quebec, Canada revealed that 46% of men consider being tied up a major sexual fantasy.

Pritchard: "Shit, man, I do feel totally helpless. I dunno why people get into this sort of stuff, but if it's to feel absolutely powerless, then it's fucking working."

Maeve: "Yep, this is fun. I can do whatever I like! Someone pass me my spank paddle..."

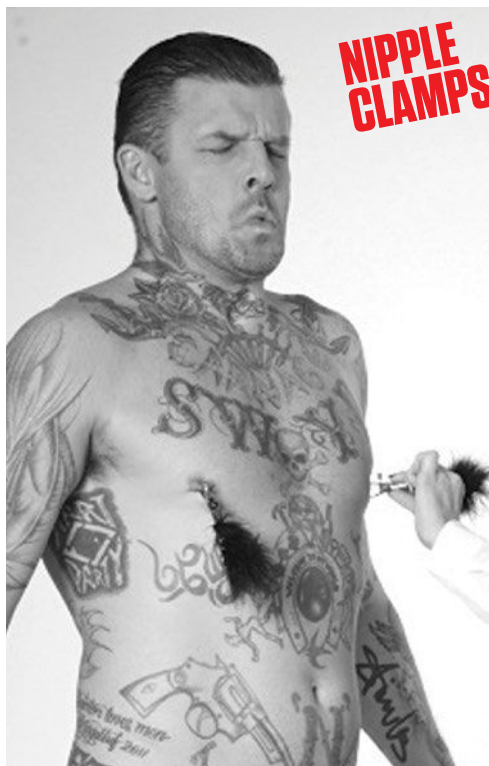


VIXEN VINES

The endorphins released during sex are also released when you experience short, sharp pain such as a whipping.

Pritchard: "Argh, that's the one. Shit – the pain spreads out like machine-gun bullets in the arse. She keeps getting me in the knackers too, which kills."

Maeve: "I wish it made an Indiana Jones whip-crack. It's good, but not as easy to control as the paddle."



NIPPLE CLAMPS

When stimulated correctly, male nipples can transmit sensations to the brain much like the ones from your groin.

Pritchard: "After a minute or so the pain builds, but I've done worse. For a proper rush, use a big bulldog clip. Don't rip the fuckers off, though, or your nip will go with it."

Maeve: "There's no pleasure in these for me. I'm not getting anything, so I'm not feeling it."

NEWS



WIFE FREE WITH HOUSE IN INDONESIA

A property website has put up an ad offering the purchase of a home in Indonesia that not only comes with a garden, two bathrooms and a small lake but also a wife. The price of the house located in Sleman district near Yogyakarta, Indonesia is around \$110,000 according to the Indonesian website 'Rumahdijual.com'. Currently single, Wina Lia, the 40-year-old owner of the house, said that she agreed to the offer because she was looking for a husband anyway. Wina owns a beauty salon and wants her husband to be a good Muslim and family leader. People have been responding to the unique offer.



GOATS FELL UNCONSCIOUS AFTER CONSUMING ALCOHOL

In a bizarre incident in Kheral town of Ahmedabad, Gujarat,

some goats fell unconscious after consuming alcohol. The liquor bottles were destroyed in an open farm by policemen. The liquor was seized during a raid and they were dumped. But some amount was left over and the goats found the alcohol 'tasty' and sipped in. The goats regained consciousness after 12 to 14 hours of the incident. The owner of the goats fed them some butter milk and tied

them up in the cattle shed so that they could not create ruckus. The police was accused of negligence as things went bizarre after the incident.

MAN SHOTS SON IN BUTTOCK

A Louisiana man has been held in custody after shooting his 18-year-old son in the buttocks during a fight about orange juice! Eldridge Dukes has been charged with man slaughtering and illegal use of weapon. The incident occurred when the father and son began arguing about the lack of orange juice at their home. Dukes claimed that his son damaged their home and broke a porcelain vase. Chasing him out of the home, Dukes fired several shots at his son and one of them hit in the buttock. The boy was taken to a hospital with injuries that were not life-threatening. Bail for Dukes was set at \$60,000.

JAPAN OFFERS RENTAL SERVICE FOR PETS

An apartment for you is not big enough for your pet? Worry not! Dog Heart in Tokyo is a part petting zoo and a part rental shop is the solution. In the shop, visitors can choose between sitting and stroking the more than 20 animals, or taking them for a walk around the park. Half an hour of play-time costs 950 yen, while 60 minutes of dog-walking will set you back 3,600 yen.



103-YEAR-OLD POCKET HERCULES

From small-time schoolboy to the stardom of body building glory, Manohar Aich, who is lovingly known as Pocket

Hercules, has earned many accolades in his long-spanned life. He was India's first Mr Universe and still grabs headlines for being hale and hearty at the age of 103. Manohar's basic diet is milk, vegetables and fruits along with fish, rice and lentils. It keeps him fit for gym.



MYSTERY OF GLOWING MUSHROOMS DECODED

Did you know that there are mushrooms that actually glow? Researchers have finally found out the reason behind it. The light emitted from those fungi attracts the attention of insects, including beetles, flies, wasps and ants. Those insect visitors are apparently good for the fungi because they spread the fungal spores around. The new study also shows that the mushrooms' bioluminescence is under the control of the circadian clock. In fact, it was that discovery that led the researchers to suspect that the mushrooms' light must serve some useful purpose. And it was discovered that the fungi make light so that they are noticed by insects who can help the fungus colonise new habitats. The researchers further found out that the mushrooms save energy by turning on the light only when it's easy to see.

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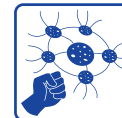
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ACCESS

MOTHER AND 3 RICH KIDS

Three rich brothers each wanted to do something special for their elderly mother on Mother's Day. The first brother bought her a huge house. The second brother gave her a limousine, with a driver. The third brother remembered that his mother used to love to read the Bible, but couldn't see well anymore, so he got her a specially trained parrot that could recite any verse from the Bible on demand. Soon, the brothers received thank-you notes from their mother. The first son's note said, "The house you bought me is much too big! I only live in a small part of it, but I have to clean the whole thing!" The second son got a note that said, "I rarely leave the house anymore, so I hardly use the limo you gave me. And when I do use it, the driver is so rude!" The third son's note said, "My darling baby boy, you know just what your mother loves! The chicken was delicious!"

DOG DIED OF CAT SCAN

A man's dog has a problem so he takes him to a veterinary. The doctor looks at the dog and says that he'll have to take him to the examining room. In the examining room, he takes a cat out of a cage and lets the cat walk all over the dog, but the dog doesn't do anything. The doctor says, "Your dog is dead." The man becomes depressed but goes out to the receptionist and asks for his bill. "That'll be \$325" says the receptionist. "What! \$325? How's that possible?" asks the man. "It's \$25 for the



OH, WAS IT THE BOTTLENECK?

An 85-year-old man was requested by his doctor for a sperm count as part of his physical exam. The doctor gave the man a jar and said, "Take this jar home and bring back a semen sample tomorrow." The next day the 85-year-old man reappeared at the doctor's office and gave him the jar, which was as clean and empty as on the previous day. The doctor asked, what happened and the man explained. "Well, doc, it's like this--first I tried with my right hand, but nothing. Then I tried with my left hand, but still nothing. Then I asked

my wife for help. She tried with her right hand, then with her left, still nothing. She tried with her mouth, first with the teeth in, then with her teeth out, still nothing. We even called up Arleen, the lady next door and she tried too, first with both hands, then an armpit, and she even tried squeezing it between her knees, but still nothing." The doctor asked in shock, "You asked your neighbour?" The old man replied with a genuine reaction "Yep, none of us could get the jar open."

consultation, and \$300 for the CAT scan."

FATHER AND DAUGHTER

One day, a father and his daughter are together. The father is putting the daughter to sleep. After the father leaves, he hears her saying her prayers. He hears her say, "God bless mommy, daddy, and grandma, rest in peace grandpa." The father hears all of this and barges back into the room. He asks her, "Why

did you say the last part?" The daughter replies, "Because I needed to." The next day, grandpa dies. The father thinks, "Is this just a coincidence?" That night he tucks her daughter into bed. He leaves the room to only hear her prayers again. He hears, "Bless mommy and daddy, rest in peace grandma." The father now is thinking, "Holy shit, my daughter can see into the future?" The next day, grandma dies. A week later

nothing happens, he then tucks his daughter into bed once more. He leaves and listens for any more prayers. Sure enough, there is another prayer. He hears, "Bless you mommy, rest in peace daddy." The father starts panicking and saying, "Holy shit! I'm going to die tomorrow!" The following start of the next day consisted the father being alert all the time, checking the clock, looking around the room, etc. He goes to work to do the same things, being alert, all of that. He looks at the clock again 3 hours later. It's past midnight. The father says, "How is this possible? I should be dead!" He goes home and finds his wife on the couch with a scared look on her face. She asks, "What took you so long!?" The father says, "Listen honey, today I haven't had the best of days." Then as soon as he is about to tell what happened, she bursts out, "I saw the mailman die yesterday!"

FATHER AND DAUGHTER

"Dad, I don't want to go to school today," said the boy. "Why not, son?" "Well, one of the chickens on the school farm died last week and we had chicken soup for lunch the next day. Then three days ago one of the pigs died and we had roast pork the next day." "But why don't you want to go today?" "Because our English teacher died yesterday!"

SHARE GAGS, EARN CASH.

KNOW ANY FUNNY JOKES?
EVERY GAG USED
EARNS YOU ₹250(HAHA.)
SEND THEM TO
FHM@MAXPOSURE.IN

Get in touch!

✉ fhm@maxposure.in
f fhmindia
t @fhmindia



Veiled Gale of Snow

Snowfall in Odisha! This is huge!!! 10 Places To Fly Solo In Your Lifetime was an eye opener, not to mention an impressive article on some unknown yet reachable places in India. I am an avid traveller and I didn't know about four out of the 10 places mentioned. Thanks for expanding my bucket list.

Suryakant Shetty, Kozhikode

Drop by our office some time and we'll share stories from more offbeat places than you could imagine existed in India.

Guitarded

Your story on guitars (Bend That Guitar) carried a nostalgic charm that's almost lost in the loud electronic music people



seem to love these days. Carry more such stuff on music and you will have one more subscriber to the magazine.
Shantanu Jha, Kathmandu
We have a motley mix of everything. Music is a large part of it. Glad you liked the story.

From twitter

Saransh @sar_ansh
(Mar 14)

@fhmindia @SharmaEvelyn I think I am in love. Cute n sexy cover...

Manoj @manoj2091
(Mar 20)

@fhmindia @SharmaEvelyn she's haw- haw- hawwwttt. Thanks 4 bringing hr 2 my mailbox!

Kaushik @geekaushik
(Mar 25)

@fhmindia Kudos guys! Cars, gadgets, girls, food...you've got it all. Love FHM.



Letter
of the
month

Best Women's Day Gift

You had almost frightened me by dethroning women from the cover pedestal of FHM and crowning a man (Ranveer) for the coveted honour. However, the March 2015 issue brought a big reprieve through Evelyn Sharma that the flame-of-feminine-fame is still not doused and is as HOT as it was in 2014. Also, it was even more soothing that Jan-Feb 2015 (bimonthly) issue was just a prank and hereinafter you would be visiting us every month.

Anjali, New Delhi

Dear A- What's a romance without some hidden seek. We're up for a lot of surprises, though all with happy endings. Just stay put on the roller coaster.

How Much Fun is One Night's Fun?

TRADITIONALLY A NO-STRINGS-ATTACHED FLING, A ONE NIGHT STAND MAY TURN INTO A NIGHTMARE IF NOT HANDLED WITH CARE AND CAUTION.

Make love like there's no tomorrow. Literally!



5 DON'TS OF A ONE NIGHT STAND

01 Don't forget protection. You don't want to knock someone up or catch an STD.



02 If she seems to be more interested in your rock vinyl collection that she came back to your place for and has declined the offer to get under the sheets, don't pester her with desperate coaxing. It's not gonna happen.





There's no reason to feel like a dawg if you itch for a little lovemaking over the weekend and hit a party with that intention. Chicks dig one night stands as much as guys do. They are healthy, work wonders for your self esteem, and come without the baggage that weigh relationships down.

RUDIMENTS OF SEDUCTION

Of all moving creatures in the world, men have the most sophisticated and organised mechanism to look for a mate. But in the current case, you're not looking for a life partner, just a sex bud. So, you might want to sway away from your textbook routine while approaching a lady. You are less likely to find a single dame sitting in a bar, waiting to be picked like they show in the movies, unless she charges money. Best is to put the game theory to use like Russel Crowe in *A Beautiful Mind*. Break a conversation with the lesser attractive woman in the group who is less likely to reject you. When doing this at a wedding aim at the bride's friends instead of family to avoid future complications.

Make sure both of you are on the same page and she doesn't start dreaming of a happily-ever-after ending.

ROOF OVER YOUR HEAD

Once a colleague met a gorgeous woman at a party and they hit it off pretty easily. Both were drunk and weren't looking for anything serious. The guy decided to take her back to his place, which happened to be a good 60 kms from the party venue. On the way the two got to kept the conversation going and an hour later, while still in the car, the idiot fell in love. Not the idiots, just the idiot. What followed was a drunk cheesy

confession, an awkward silence and him going back to 'his' place all by himself. If you stay close to the place you meet your lady for the night, you've nailed it right on the head. Travelling for a few hours just to be together may become tiresome and your conversations may dangerously shift to personal shit that may evoke emotions (both negative and positive), and this may kill the perks of a one-nighter.

If you have creepy roommates suggest going to her place instead. Making her feel uncomfortable is not what you want to put out in the universe (and in future references). Also, don't offer to take her to a hotel room.

IMPLY, DON'T SAY

When you are still in the wooing round flirt with her, but not too much. Looking too desperate makes a negative impression and may scare her away. Lean in and whisper in her ears, dance with her, use sexual jokes and innuendos. This will help seal the deal with your partner; if she's interested she'll encourage you and if she isn't you'll get to know pretty obviously. Remain subtle and hard to get, but don't let the flirting stop or you might fall into the notorious pit of no return, the friends zone. The key is to throw as many obvious suggestions as possible, but stall the urge to say it out loud. "Let's go and have sex," might sound disarmingly appealing to you as an ice-breaker, but trust the universe, not to the ladies. However, after a few successful suggestive remarks and some encouraged cursory physical exploration, this might sound sexy. Just don't turn the logic button off!

THE REAL DEAL

This is the part that needs no tutoring. After all this is what

you have been striving for all through the evening. So have fun! Here's a person who's not here to judge or form an opinion of you, so let your horses loose and be yourself, just the way you like it. Try all those moves that you'd watched in a movie or read in a freak flagged book, for this is the start and this is the end too. But make sure you have the permission to take a plunge into the crazy *Fifty Shades of Grey* manoeuvres. Don't think about satisfying just yourself, keep up the balance and showcase your best moves. Because if she likes them you may not have to wander in random parties for consequent weeks' ration of sex, for here's your own BFF with benefits.

TEQUILA SUNRISE

You guys had a lot of fun at night and up comes the sun the next morning. This is usually the most awkward part of the escapade. The gun's been fired, the booze has diluted in your system and there's nothing left but to say goodbye, preferably in the most nonchalant way possible. If you are at her place, don't linger around for breakfast. Make your exit sweet, simple and quick, with a "I had a nice time." Do not commit to doing it again if you really don't intend to. Contrary to how you have been prepared for social meetings this one does not require formalities like these. Don't ask for her phone number out of guilt that you slept with her and now have a newfound responsibility towards her. If you guys were on the same page at the start, she won't expect you to undergo such niceties. She had fun too and would like to move on just like you.

03 Don't say anything out of compulsion. It's better to be honest than misleading.



04 Don't click her naked pictures and whatsapp them to your friends.



05 Don't click pictures at all. If you want to keep a memory of her hot body, use your own physiological memory.



The FHM Dream Team of IPL 2015

IPL is about to start and your favourite cricketers will now shift base to T20 cricket. So, we decided to pick our dream team.



01 BRENDON MCCULLUM
Wikipedia's page on Blitzkrieg needs to have McCullum's picture as the New Zealand batsman just bludgeons the ball at will. Chennai's batting has been uplifted with his presence and that's what we also want, a blistering opener!



02 CHRIS GAYLE
When the big West Indian is on song, there is not much you can do or so says MS Dhoni. And the boundaries are never big enough for him. It is a shame that he has not been able to take Bangalore to the heights in IPL, but we are willing to take the risk for our team!



03 GLENN MAXWELL
Brute has a new name in Glenn Maxwell. You wake him up at 5 in the morning and the first ball he will face will be a switch hit! The Aussie doesn't know the word settle down. He has no respect for bowlers and never minds showing off his skills, just as we do!



04 VIRAT KOHLI
2 down and Sachin used to walk for Team India. 2 down and Virat Kohli will walk in for our Team FHM. The stature of a great batsman which Kohli has earned in his short career is nothing short of an achievement. And who better than FHM appreciates achievements!



05 AB DE VILLIERS
There is no shot which he cannot play. And there is no game in which he has not excelled. You name it and he has done it. His DNA test might prove him to be an extraterrestrial guy, but till then, he is in our team. PERIOD!



06 **MS DHONI**
Who else do you think of choosing if you have a double World Cup winner, 2 times IPL champion and a brace of CLT20 championship to his name! Woohoo, the list seems never ending. Dhoni leads from the front and FHM needs a captain like that.



09 **MITCHELL JOHNSON**
He has wrecked havoc among the batsmen of world cricket and there is no one who doesn't fear him. He was not at his best in the previous season of IPL but now we can expect him to come good for us!



07 **DALE STEYN**
The pacer has not been utilised properly at Sunrisers Hyderabad but we guarantee that the South African will get free hand in out team to do whatever he wants. Opening batting! Opening bowling! Just win us the match, Steyn gun!



10 **UMESH YADAV**
It looked like he found his rhythm in the World Cup in Australia and New Zealand and we don't want to undermine the raw Indian pace in front of the international recruits. His unrefined pace will be enough to knock over many stumps!



08 **BHUVNESHWAR KUMAR**
He is the most efficient bowler of Team India. And we have regards for efficiency! After all, we need to have someone who can give the team a balance which has partymongers like Gayle and Kohli.



11 **LASITH MALINGA**
He might not be the same force as he used to be, but Slinga Malinga is still feared in the cricket fraternity. How can you not remember his 4 wkts in 4 balls! We by no chance going to leave our neighbour behind in this dream team!

Hops on the Rooftop

Mix these gourmet beers with the right food and music and rock your party at the terrace.

You've partied enough in closed quarters in the chilly season. Almost every night club knows your signature move by now and your phone vibrates with endless messages for the next weekend party they're going to host. But the season has taken a smooth turn and it's time for you to step outside and bid adieu to cramped up spaces. It's time to explore the stars and the high flying, low landing aeroplanes, as you sip your beer in the party at your ROOFTOP.



**Hoegaarden
Wit-Blanche**

This light bodied Belgian unfiltered brew is a clean and refreshing blend of sweet and sour taste. Flavoured with coriander and orange peel, it's perfect for a summer party and gels well with continental appetizers.
₹250 (330 ml)

**Leffe
Blonde**

If you have a sweet tooth pick it up from the cooler and let the sweet floral, citrus flavour explode in your mouth. Slightly spicy like the winter ale, this may become popular with the ladies in your party.
₹225 (330 ml)

**St. Bernardus
Tripel**

With thrice the amount of malt, this tripel is made for a strong Indian palate. You'd love the sweetness it leaves in your mouth due to the use of Belgian candy sugar, also responsible for its lighter body.
₹250 (330 ml)

**Stella
Artois**

This is the perfect beer to sip with pizza or when starting the main course. Mildly carbonated in a clear golden colour, it gives a crisp flavour of grassy hops. The premium lager will pull you through the night with smooth ease.
₹225 (330 ml)

Drink like a Connoisseur

Chef Himanshu Taneja, Executive Chef, JW Marriott Mumbai Juhu, recommends adding apple juice to a lager for a different flavour. "If you want to experiment with your beer, fruits like berries, pear and apples may be added to the drink. You can also try spiced beer by adding certain spices to your glass. They go really well with foods like duck and pork."

While you may mix anything sensible with your beer, blending two alcoholic drinks may spoil the character of your beer. For once, compromise the urge to just get high and savour the taste. Shrey Mehta, Manager, ARK, Courtyard by Marriott Mumbai, suggests going with galangal (Thai ginger), star anise, fennel and cinnamon.

BEST VALUE FOR DOUGH

While you pay an established average for all imported craft beers, a new brand of Belgian brew has hit the Indian market that gives you all the more reasons to go modest on the guest list. BIRA 91 brings home the gourmet taste of Belgium and France, both manufactured and bottled in Belgium and made available in India for a steal.



BIRA 91 Blonde

The beautiful blonde is a refreshing alternative to mass market beers, with craftsmanship in recipe and high quality ingredients. It is an extra hoppy craft lager with floral aromas and a sturdy, malty flavour. You may mix it with *tandoori* Indian starters. ₹150 (330 ml)



BIRA 91 White

This wheat beer, with a hint of spicy citrus, is low on bitterness and shows off a smooth body. It's an Indian craft brew that draws on Belgian beer-making expertise and tradition. Best sipped with cheese and crackers. ₹150 (330 ml)



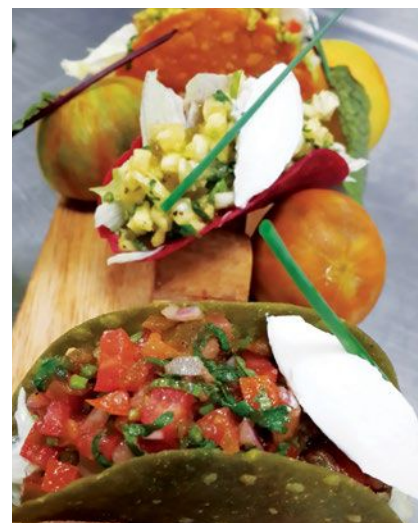
Eating Cues

"Roasts and grills are what the locals prefer as accompaniments with beer. Nashiley Jhinge, Prawns Tempura with Ponzu Aioli, Golconda Kebab, Philadelphia and Olive Tapenade are the most recommended and top selling dishes." — *Shrey Mehta, ARK Courtyard by Marriott Mumbai.*



The Beer Brat: Bratwurst with cheese, pickled vegetables and fries

"Tex Mex cuisine suits the Indian palate well. Snacks like tacos, nachos, quesadillas with sour cream, chili corn carne can be eaten with any bread and made spicy with jalapenos." — *Himanshu Taneja, JW Marriott Mumbai.*



How to make Tacos

Ingredients:

- | | |
|---------------------|----------|
| • Taco shells | 4 nos |
| • Tomatoes | 3 nos |
| • Red onions | 1 no |
| • Tabasco | 3 dashes |
| • Chopped Coriander | 5 gms |
| • Chopped chillies | 2 nos |
| • Chopped jalapenos | 5 gms |
| • Salt | to taste |
| • Sour cream | 1 tbsp |

Method:

- Make salsa by mixing everything together
- Adjust seasoning by adding salt and pepper
- Put shredded lettuce in taco shells, add tomato salsa
- Top it up with sour cream or serve with guacamole

The movie will definitely give a fitting farewell to Paul Walker who died in a car crash.

01

Action

Furious 7

After defeating Owen Shaw and his crew, Dominic Toretto (Vin Diesel), Brian O'Conner (Paul Walker) and the rest of the crew are able to return to the United States and live normal lives again as they had wanted. However, Owen's older brother, Deckard Shaw (Jason Statham), is after Dom and his crew, seeking revenge for his brother's death and putting the entire crew in danger once more. After learning of Han's death, the crew sets out to find the man who killed one of their own, before he finds them first.

Out on April 10th.



02

Action/Sci-fi

The Avengers : Age of Ultron

When Tony Stark (Robert Downey Jr.) jumpstarts a dormant peacekeeping programme, things go terribly awry, forcing him, Thor (Chris Hemsworth), the Incredible Hulk (Mark Ruffalo) and the rest of the Avengers to reassemble. As the fate of Earth hangs in the balance, the team is put to the ultimate test as they battle Ultron (James Spader), a technological terror hell-bent on human extinction. Along the way, they encounter two mysterious and powerful newcomers, Pietro and Wanda Maximoff.

Out on April 24th.



03

Thriller

Detective Byomkesh Bakshi!

The upcoming crime thriller has been directed by Dibakar Banerjee based on fictional detective character Byomkesh Bakshi of Calcutta in the 1940s. In the war torn Calcutta of the 40s the film follows the first adventure of Byomkesh (Sushant Singh Rajput), fresh out of college, as he pits himself against an evil genius who is out to destroy the world. It's his wits against the most villainous arch criminal the world has seen, in a world of murder, international political intrigue and seduction. *Out on April 3rd.*



04

Thriller

Ek Paheli Leela

DOUBLE DELIGHT

If one Sunny is not enough for you, be ready for a double whammy in Leela!

Former adult movie actress Sunny Leone is all set to scorch the screen one more time. Not much has been revealed about the plot but it looks like a case of rebirth. As Leela/Meera (Sunny Leone) tries to find out about her true identity as the princess Leela, she is supported by Jay Bhanushali, Rajnish Duggal among others. *Out on April 10th.*



05

Sci-fi

Mr. X

Emraan Hashmi starrer movie is loosely based on Hollywood film Hollow Man. Raghuram Rathod/ Mr. X (Emraan) gets invisibility powers and becomes a vigilante to take revenge on people who have wronged him. He breaks every law in order to restore the law, besides making love to his girlfriend Mili Arora (Amyra Dastur). *Out on April 17th.*

Words: Sudhakar Jha

06

Essential Albums

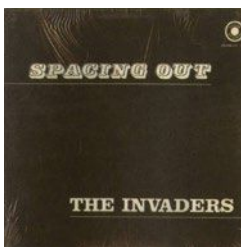
Swot up on funk

Mark Ronson's album *Uptown Special* has turned us into a nation of funk lovers. Now's the time to drop a needle on these five essential psychedelic records, as picked by Steve Sexton from legendary London vinyl store *Sister Ray*...



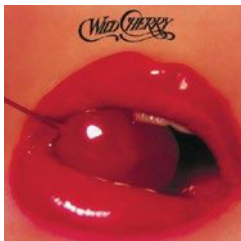
Breakwater *Splashdown* (1980)

"This is a great LP of super-tight grooves and swinging brass. You'll know *Release The Beast*, thanks to Daft Punk sampling it on *Robot Rock*."



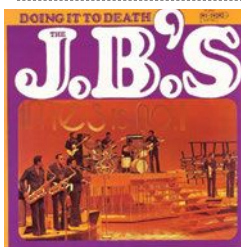
The Invaders *Spacing Out* (1970)

"Obscure and cult Bermudan funk with killer bass, horny horns and a delicious psychedelic frosting."



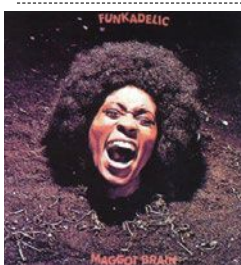
Wild Cherry *Wild Cherry* (1976)

"What a cover! Play *That Funky Music* [*White Boy*] was the hit, but there's a great version of the Motown classic *Nowhere To Run* to feast on, too."



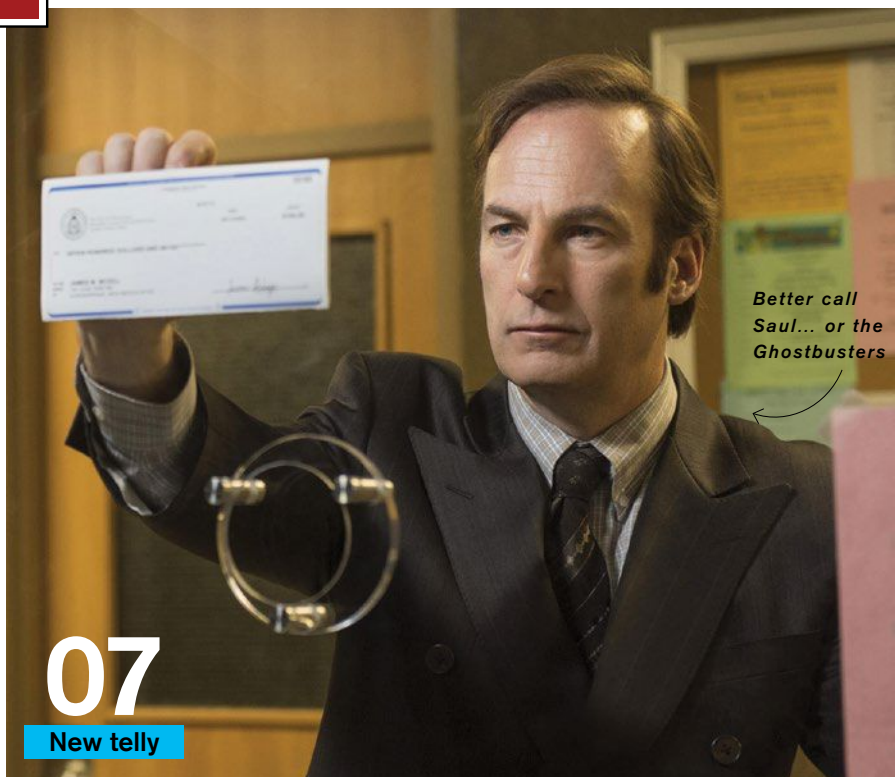
The J.B.'s *Doing It To Death* (1973)

"James Brown, his backing band's best line-up, 10-minute funk workouts, Black Power, sax and trombone freakouts."



Funkadelic *Maggot Brain* (1971)

"Anything touched by the genius of George Clinton has the funk, but this is my fave. An acid-fried record that's deeply weird and deeply funky."



07

New telly

Decide if you really should call Saul

Finally, the debut of long-awaited *Breaking Bad* spin-off *Better Call Saul* is coming to our screens. The jury's still out on whether the exploits of scumbag lawyer Saul Goodman can fill the Heisenberg-shaped hole in our lives, but one thing's for sure – he's the man we'd want to have our backs if we ever reigned supreme over a crystal meth empire. Unfortunately, he lives all the way in America, so we called a local, less-than-reputable 'no win, no fee' firm (who we won't name for, er... legal reasons) posing as Walter White, seeking counsel for some of his more diabolical schemes, to see how helpful they'd be... [After speaking to a receptionist, asking to remain anonymous and being connected to a criminal lawyer]

Hello. I'm in a bit of a legal pickle. I've been corralled by a local drugs kingpin and chicken-shop owner into manufacturing and distributing Class A drugs for him. I just wondered where I stood should I want to get out of this situation unscathed.

Right, OK. Well, it doesn't really matter who this character is if you're caught by the police in the production, you know? The law's very clear and there's no grey area. I mean, if you're under duress, as you say you are, that has been used as a defence. But it doesn't work.

So I should try to get rid of him without the police?

[LAUGHS] Er, I wouldn't advise that, mate. Whatever you're involved in, I would stop at the earliest opportunity. I mean, if charges are brought against you, you can say you were under duress. But we used that defence in a case last year and it didn't work. It depends on your circumstances. You're still looking at prison.

Right. Thanks. Thing is, the police have obtained some laptop evidence that potentially links me to this bloke's outfit, but they haven't made the connection yet. Is there any way I can get this evidence back before they realise?

[PAUSE] I'm not with you...

I was thinking of destroying the evidence. I'm from a very scientific background, which is why I'm so good at making meth, so if there's just some way I...

[INTERRUPTS] Woah, woah. Look, I think it sounds like you need to hold up a bit here. I mean, it sounds here like you're trying to have the best of every world. I'm telling you that if you're trying to deceive and scheme, we can't advise you on that. It's a very dangerous area you're in.

But what if I AM THE DANGER?

Pardon me? [PAUSE] Right, OK. I don't think we're in the same area here, mate. Thanks for your call.

08

Cyber cinema

Pick a movie robot to root for



Ex-Machina

Director Alex '28 Days Later' Garland's "phwoar-isn't-she-fit?" robot fights for life against genius Oscar Isaac and his bald-head-and-beard combo.

In cinemas now



Chappie

Director Neill 'District 9' Blomkamp's "aww-isn't-he-cute?" robot fights for life against evil soldier Hugh Jackman and his even more evil mullet.

In cinemas 6 March

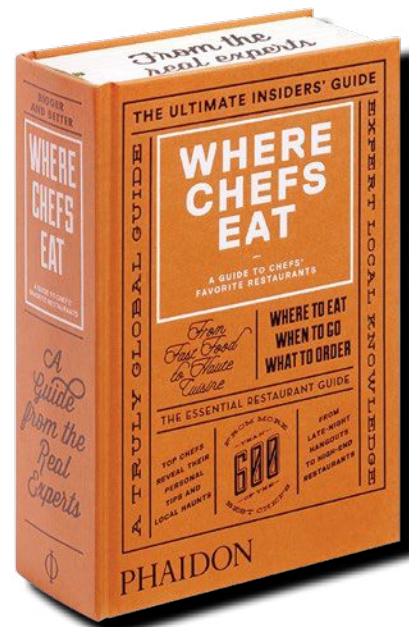
Spoiler: KFC doesn't get a look in

09

Food guide

Eat like a man again

Listen, it's great that you stuck to your month of eating nothing but celery stick smoothies to drop your festive gut. Really, well done. But are your mates bored shitless of you counting calories and ordering lime and sodas at the bar? (Answer: hell yes, they are). Celebrate eating solids again by heading to one of the world's finest eateries featured inside this brilliant book, picked by the best chefs on the planet.



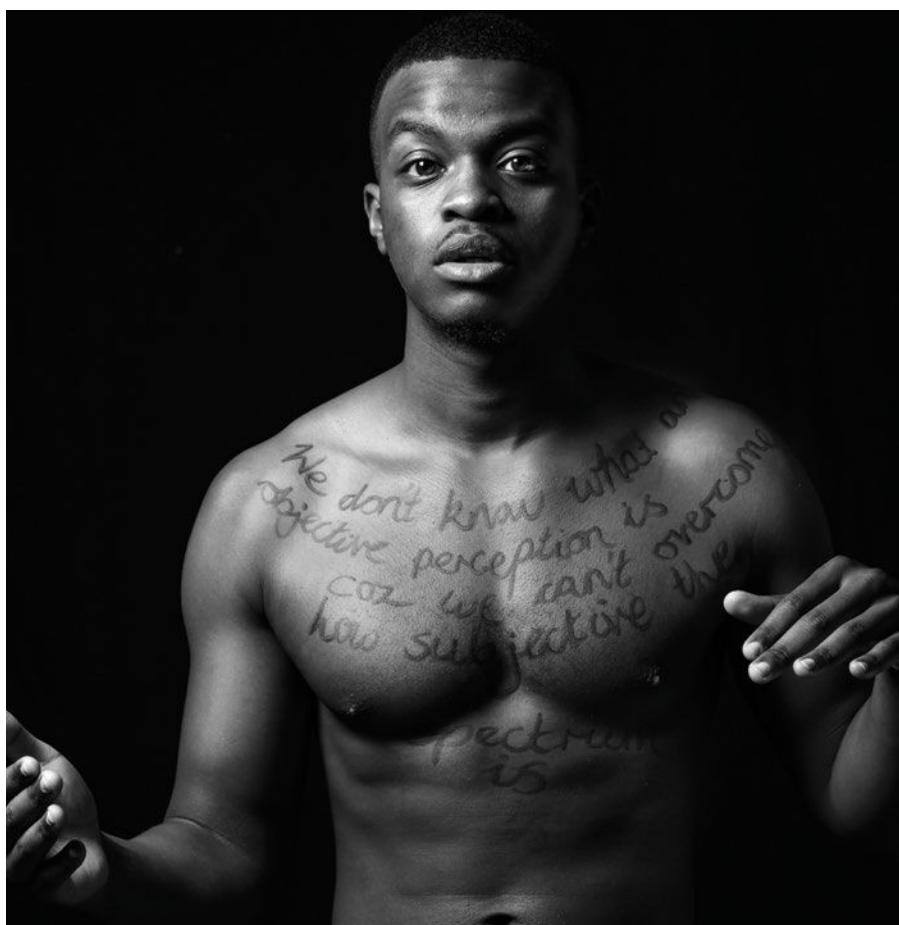
10

New face

Listen to some spoken word

Poetry is cool. It's official. Ask Radio 1 tastemakers Zane Lowe, Annie Mac and Huw Stephens. Then speak to rap gods Nas and Common. Even Hollywood's slickest Brit, Idris Elba, agrees. And it's all thanks, in part, to 24-year-old George The Poet.

With mainstream radio big-ups, coming fifth in the BBC's Sound Of 2015, support slots with hip-hop royalty and a collab with Big Driis himself, going to see 'spoken word' no longer means you're in a teeny tent at Glastonbury surrounded by sandal wearers. In fact, George's cutting street poetry (he tours the UK this month) has blown the lid off gotta-hear spoken word artists who've been bubbling under. Check out Dizraeli And The Small Gods, Scroobius Pip and FHM's favourite, Listener, too, then make a playlist you never thought would ever fill up your Spotify.





Girls, drugs, tequila: with all these vices literally on Carl Barât's doorstep while making music with his latest band, The Jackals, it's a surprise that The Libertines man got any work done at all...

Carl, it sounds like there were quite a few distractions while recording this new stuff...

Ha, definitely. Van Nuys in Los Angeles is essentially where music and porn get made. Opposite where we recorded there was this clinic where porn stars would get checked out. They were tired-looking and wearing tracksuit bottoms so it wasn't glamorous at all. Actually, one of them did tell me that there was a porn-star karaoke a mile down the road that they all did, but, er, I didn't really fancy it. Another place, a few doors down, sold medical marijuana water. It was bottled water that got you high. And also, to get out of the studio, I had to clamber past a ceiling-high stack of Sparkle Donkey tequila. We had a few nights on the Sparkle Donkey, sure.

Rock music, booze, weed, girls... we're guessing if all this was at the hands of The Libertines 10 years ago, it wouldn't have been a quite as sober experience?

I guess I've grown up a little bit. With The Libertines, it was more about what I was doing when I wasn't recording. I'd come to the studio and they might have said they didn't need me for 12 hours. On this album, I've had to be so hands-on that I had to be there for everything.

Even so, we bet you've still got a great hangover cure...

Oh man, it's the elixir of life: rehydration salts and Berocca washed down with fizzy water, and a massive fry-up with loads of hot sauce. Doesn't always fucking work though, mind.

Your song *Victory Gin* on this album [*Let It Reign*] must be a nod to Orwell's 1984, right?

Yep, you got it. I read it years ago just the once, but it's stuck with me. In terms of the prophecies in the book, it all seems to becoming truer and truer in day-to-day life. Communication and surveillance all seem to roll into popular culture. *Victory Gin* is all about flesh and blood in a world of wires and post-apocalyptic dystopia.

What other books have had a major impact on you?

One of my favourite books ever is called *The Magus* by John Fowles. I always tell people to read it. It grabs you by the spine and takes you on an enormously unexpected journey. It's epic.

You became a dad again at the end of 2014. Do rock stars make good dads?

Kids are pretty sobering, I'll give you that. But on the flip side, they make you appreciate and relive everything again. You start to see the world through their eyes. Y'know, if you can make time for your kids, then you'll always be alright.

What's the weirdest souvenir you've brought back from a tour abroad?

Hmm, I've got some fencing swords that came from Glasgow. They're rusty, but any time anyone has a drink they come out and people start knocking shit off my walls. And every time we went to Germany we'd buy all that illegal shit, the tasers and pepper spray and that malarkey. It would be fun for five minutes and then get boring. Pretty handy for my crime-fighting alter ego, though.

*Carl Barât and The Jackals' album *Let It Reign* is out on 16 February.*



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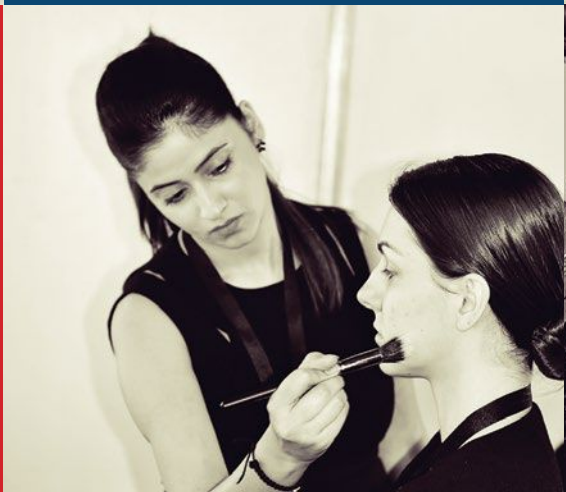
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12

Hero

Ali Fazal

The actor has come a long way after a small but unforgettable role in 3 Idiots. He's gone international with Furious 7!

Ali Fazal is not just another actor on the blocks. In his small Bollywood career, he has worked wonders!

From a good guy image you have had quite a makeover with erotic thriller Khamoshiyan. How was the transformation?

It wasn't a transformation of sorts. It was an opportunity to showcase just another aspect of my craft. That's what I like about the work. I have just started my career, not very long ago, and to have someone like Mahesh Bhatt put the trust and faith in you, it's bound to happen. He is the man behind my switch.

Even though it was a short role, people still remember you as Joy Lobo of 3 Idiots. How does it feel to have made a name for yourself early in career?

It's nice to know you're already sitting inside their heads somewhere when you're experimenting with life today. Audiences need to

like you else nothing works, no matter how much I scream and shout if my people do not like me, there is no acting left

As a youngster, you worked with Aamir Khan and Vidya Balan and now you are getting chances with youngsters. Do you act like a senior/boss to them?

Hahaha, come on!!! I am not the, mereko terese zyaada pata hai....! In fact with Aamir and Vidya my job became easier, it's equal and much more fun when both the actors have no clue where we are going to end up and that is magical..

You are now getting solo roles as the protagonist. How is this new 'HERO' tag suiting you?

It's kind of always been with me.. Hehe, my pet name was Hero and Ali Baba.. But on a serious note, it's like the 9 months in a womb, you get prepared.. And Boom... Nikla Hero.. It's an ongoing process. The hard work begins now.

What character are you

playing in Fast and Furious 7?

Not an Indian character is what I can tell you. We're keeping a little hush hush on that.

Are you fascinated with sports cars?

For me, if men had orgasms through cars, that would be me on a multiple engine blast.. I love cars. The fact that I have not found the right Indian car for myself is witness to my OCDs. I use my bicycle. Haha!

Which one is your favourite?

Audi r8, Shelby Gt, Bugatti's, Lamborghini.

Did you get an opportunity to show your skills in Fast and Furious 7?

We were supposed to have a race, then it got taken out post Paul walker's death, so you won't see me on the cars in this one. I was supposed to be on an Audi r8, racing Vin Diesel... but another scene was added instead so yes you'll see some acting skills for sure.

Dhoom franchise started the

sports bike movies in India. Do you think someone will start a franchise on sports cars - like Fast and Furious series?

I can't really say, we don't have the madness of the supercars.. And probably the space for it.. But why not. In the coming years anything is possible.

How was the experience of working with international stars?

Overwhelming! I didn't feel any less of a star.. I guess the production was so generous and giving, we were all equals there on set. Be it Vin, Paul, Ludacris the rest.. They are highly professional even though they are megastars. I liked their commitment to their craft.. It's inspiring.

You were kind of a representative of Bollywood there. How much do they like the Indian film industry?

They love the Indian film industry.. But it wasn't like they had that much knowledge of it to have full blown conversations but, India for that matter is really very fascinating to them.. So I kind of became a unique piece for them to figure out. I was surprised because a lot of Indians have already penetrated into the Hollywood industry before me. But I guess, the commercial set up like furious 7 has still not been exposed to us...

Is it true that you were praised by Vin Diesel during the shoot? What were the words?

Hahaha, well, I just remember Paul Walker and him cracking up during our scenes together.. It was a funny scene. He liked my performance. He is a man of few words. I don't quite remember the exact words but, you know when you know.

Till now, it was just big names going for Hollywood movies. With you the trends is changing. Will we see more Bollywood young actors in Hollywood now?

Why not.. I think we as youngsters today are in sync with all that's happening in Hollywood.. It's in their better interests to take us. Merit is what counts, age is no barrier. It's just that I get more time to experiment.

“My pet name was Ali Baba and Hero. haha! On a serious note, the hard work begins now.”

MOVIES TILL DATE



Joy Lobo
3 idiots



Zafar
Fukrey



Tassawur
Bobby Jasoos



Kabir
Khamoshiyan

Entertain your brain

April



BOWLERS' SACHIN TENDULKAR

MS Dhoni had once called Zaheer the Sachin Tendulkar of Indian bowling!



13 Zaheer Khan

Cricket hero

FHM catches up with Indian cricket's bowling mainstay!

Hello Zaheer, of late you have been a fitness freak. What's the matter?

Sports are all about fitness, so I have been in to fitness for the longest time from what I remember. It has been a part of me since the very beginning of my life, and consequently being an athlete and playing a sport requires great levels of fitness and well - being.

Did your venture in France in 2013 inspire you to become fit?

In France, I spend about 6 weeks, where the focus was primarily on newer methods of training, and to try a several different fitness regimes, that provide me with a new direction and a refreshing change, which was certainly needed! The thought was also of isolating myself for a while so that I could get my targets set and have a well-defined mind set. France happened just at the right time.

What's with the ProSport fitness and Services Pvt Ltd?

ProSport fitness PVT is a very new and unique concept about fitness and wellness. I believe that one needs to take time out and look after their body, to so that it leaves a feeling them feeling better and energetic. Doctors too recommend that one should spend 14 mins a day exercising in order to stay fit and healthy. The idea is that the right kind of training can help an individual go a long way. The ProSport umbrella in the flagship fitness hub, has many services right from personally assisted training and strengthening, to muscle conditioning, to physiotherapy, to injury and rehab. I have started ProSport Fitness Pvt Ltd in Mumbai with complete focus and commitment. It's an outright solution to Health and fitness!!

Are the doors to Team India still open?

Right now, I just want to get back playing as have been away from the game for the longest time. As for me, there is positivity to look forward to and I feel good about myself. Cricket provides you with immense satisfaction and enjoyment and I want to keep playing it till I can, as getting injured and walking away was not something I ever wanted.

It's been a year that I have not played but definitely looking forward, as things are looking good and the excitement is mostly building on for performing well and enjoying every bit of it.

Why don't we see any left - arm pacer emerging in India after you and Irfan Pathan scorched the scenario?

Well it is very natural that one cannot ask a bowler to pick just one hand and bowl, it is something that one is born with and cannot be pushed into. Generally it is difficult finding the correct balance in a bowler, since the talent is natural and one need to hone those skills to perform better. I'm sure in the times to come, we

will find someone as who is an exciting bowler and an emerging achiever.

And who is your favourite cricketer?

Favourite cricketer is, and has always been Sachin Tendulkar; he is a persona very distinguished and an apt role model to many youngsters.

Does the 2003 World Cup first over haunt you?

Not really, it's all been a great learning for me as that's what sports is all about! It teaches you and the experience you gain is overwhelming. Each game teaches you, inspires you to perform better, with the urge to keep learning as that's a continuous process. I would probably thank 2003 world cup final, which worked out as a reference point to what I achieved in 2011.

You will go down as a great in Indian cricket and even internationally. What do you regret to have not done in your career? Scoring a century, may be?

Nothing as such, I've thoroughly enjoyed every bit of it. The game, playing at the highest level, the honour, every experience has been very gratifying. As a sports person, a journey like mine is something, I'm extremely proud of!

How are you preparing for the new season of IPL?

So far the routine has been 26 days a month and I am rigorously going under intense cardio and conditioning sessions per week, with my trainers and physiotherapists who have created a balanced training programme for me, and keep constantly monitoring the progression every week.

Apart from knocking stumps, what else do you like to do?

Chilling with my friends, catching up on movies in my free time is what I generally do.

I'm pretty laid back that way, in terms of dealing with my free time so take advantage of lazing around for a while and probably get up very late, having a relatively slow day.

Do you have passion for speeding cars and bikes?

Frankly speaking, I am not really into that. Even though I like bikes, the prime reason for staying away, was since the moment I started playing for country, the responsibility of performing for India was huge and with bikes you aren't really protected. It can really cost you too much, which is why, I have consciously stayed away from them.

What's the road ahead? Do we see a last hurrah with Team India before you plan to hang your boots?

I haven't really thought about anything that way, as everything that has happened to me, has always been very spontaneous. I like to take life as it comes.

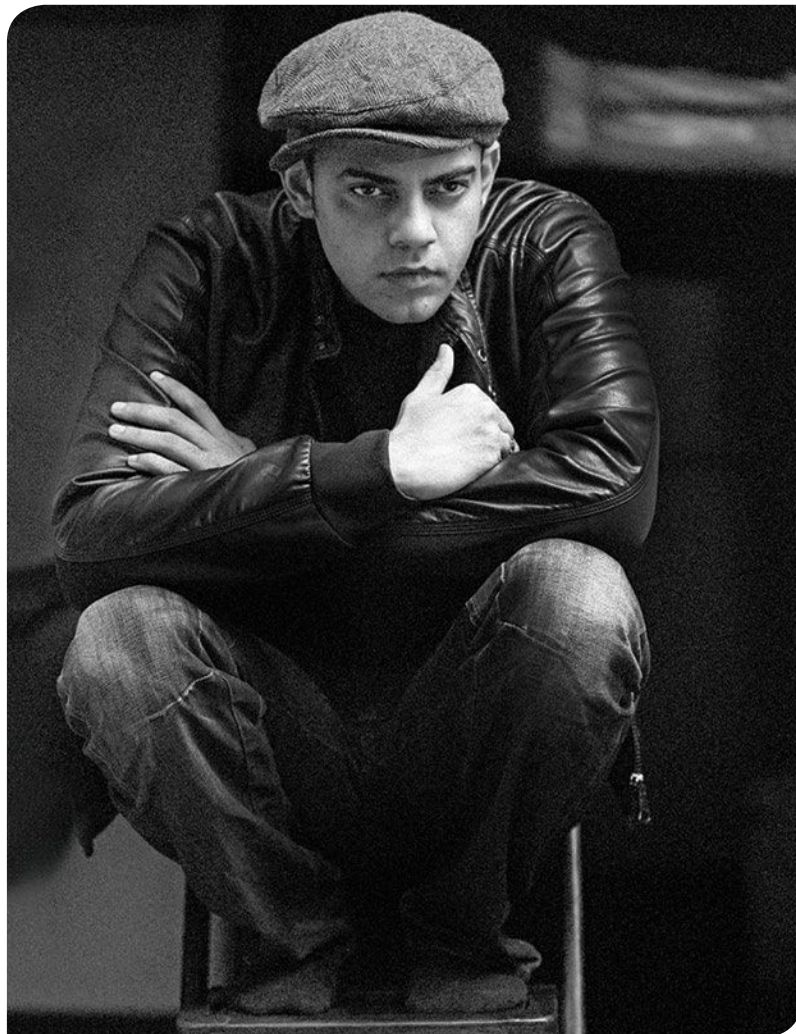


14

Comedy king

CYRUS SAHUKAR

Everyone has an opinion on the AIB roast which has created a lot of controversy. Cyrus too has one! We got him talking on this and much more...



These are not the best times to be making fun of people. What do you think about the tolerance level of people going down?

On the contrary, this is the best time for comedy. There are newer formats and methods gaining amazing popularity in the social media. Everyone loves the freedom of speech and innovative ideas. I think the audience has changed; they've become more receptive and open to laughing at themselves. Things are just not that sacred anymore. If we go back in history, we can't imagine a political person doing a spoof on the internet, but now we have Arvind Kejriwal doing it. I think it's not an intolerant time at all. The thought process of the Indian audience is taking a really positive turn and India is finally opening up in a way as never before.

Do you think India needs to open up a bit about things like sex and religion?

People like to be part of groups, like community, religion or even a whatsapp group. If you read some of the jokes shared on whatsapp or social media I doubt you would ever think India needs to open up about sex and religion anymore. But the minute they are discussed on an open platform everyone gets all touchy. That needs to end.

The AIB roast created a lot of controversy and everybody seems to have an opinion on it. What's yours?

I think people don't understand the format of a roast. One needs to be really outrageous, and sometimes the performer can get vulgar, obnoxious and rude. He/she says some terrible things about someone and once it is finished, the other guy roasts him/her back. If you watch Comedy Central, there are heaps of roasts and some so hardcore that they would make the AIB roast look like a school play. It is really not fair to criticise/crucify a bunch of people who are performing it. And it saddens me that people are offended by something as simple as the roast, while there are so many other issues to worry about. In Maharashtra first it was the roast and now there is no beef! We are in culinary hell.

Making a spoof ain't easy. How does one not go overboard?

Yes, spoofs are never easy but going overboard is the very idea behind them. It is an animated version of something we all love, admire or something that is incredibly big in popular culture. Personally, I have always stayed away from 'begging for a laugh'. I don't try to do spoofs by getting into the personal lives of people but I do like to mess with people's careers or their public persona. A spoof is the highest complement in comedy. Sometimes I wonder when will I be spoofed!

Making a spoof ain't easy. How do you plan not to go overboard?

Yes, spoofs are never easy but going overboard has never been a worry for me. The very idea of a spoof is to go overboard. It is an animated version of something we all love, admire or something that is incredibly big in popular culture. Personally, I have always stayed away from 'begging for a laugh'. I don't try to do spoofs by getting into the personal lives of people but I do like to mess with people's careers or their public persona. Their personal lives don't interest me. A spoof is the highest complement in comedy. It is amazing to be spoofed. Sometimes I wonder when I will be spoofed.

We are getting a bit too serious. You can tell us a joke maybe!

That's like a lot of pressure; it's a strange thing being in



“I think I have an uncle who played the role of a dead body years ago. Apart from him, I don't have anyone even remotely related to films”



the comedy business. People always ask you to tell them a joke or make them laugh and sometimes I can do it and sometimes I fail miserably. Sometimes I wish I was just a surgeon because I doubt anyone will ever ask a surgeon, “Hey man! If you are not doing nothing I am just bored, could you just remove a kidney or something.”

From MTV early in your career to Bollywood and TV, how has the journey been?

It's been pretty fascinating. I started working when I was 13 or 14 years old, things were not easy at the orphanage (Ok! That's a joke). But honestly I remember in the summer going around auditioning for any voice-over work, with friends, that we could get in front of USL studios in Delhi. The first one I bagged was a commercial for Harpic and we got 500 bucks for it. We had to sing a song about how good Harpic was. And then I started doing a lot of theatre and joined a radio station. By 18 I'd joined MTV and moved to Bombay. Initially it was tough, but then I spent a good 10 years doing all kinds of weird comedies, 100s of live shows and of course saw the origin of spoofs in India with Fully Faaltoo and Semi

Girebaal. I got pretty lucky. Now I spend 75-80 days a year just travelling on live events, the rest of the time it is television. Bombay has been very gracious to me.

Frankly all the scary stories you hear are not lies but sometimes I feel people forget to tell you how nice people can be to an outsider.

Do you watch any comedy shows, like Comedy Nights with Kapil Sharma?

I watch a lot of comedy shows like the Big Bang Theory, The Modern Family, Family Guy, American Dad. A lot of animation stuff makes me really happy and laugh because it is just so absurd. Once in a while I like to catch comedy nights with Kapil but I can't say I am an ardent follower.

Apart from making fun of people, what are you doing these days?

I am going to start a TV show by the end of April this year. Besides that, I am trying to finish the next episode of The Bench which is a lot of hard-work. The next is Rakeysh Omprakash Mehra followed by Imran Khan. I am also writing a new series. Lot of interesting projects that I am busy with.

Have you had any filmy background?

I think I have an uncle who played the role of

a dead-body years ago. Apart from this there is no one in my family who is even remotely related to films. If I knew Rang De Basanti, would do so well, I would have worked a lot better for my first film.

How was your childhood?

It's been pretty crazy. My parents separated when I was 3 years old. I remember meeting my father only twice in my entire life- first, when I was 4 and another, when I was 21. I desperately felt a need to meet him because I felt a complete lack of history in my life. I was brought-up by a generation of women who were powerful, strong and opinionated. It was like growing-up among these female amazonian warriors. Everyone was a feminist, everyone would feel that men are dumb. My grandmother was disappointed by her husband, my mother was disappointed by her husband and my sister was disappointed by her boy-friend. It was a tough fight against them, but I used to have a lot of fun. Conversations over the table would be more gossipy and less about cricket which is why when I see a run happening over the cricket field, I usually scream goal. It was a fascinating time for me.

Words: Sudhakar Jha

Dive in Hell

It is not your regular shootout game, go tactical or remorse later!

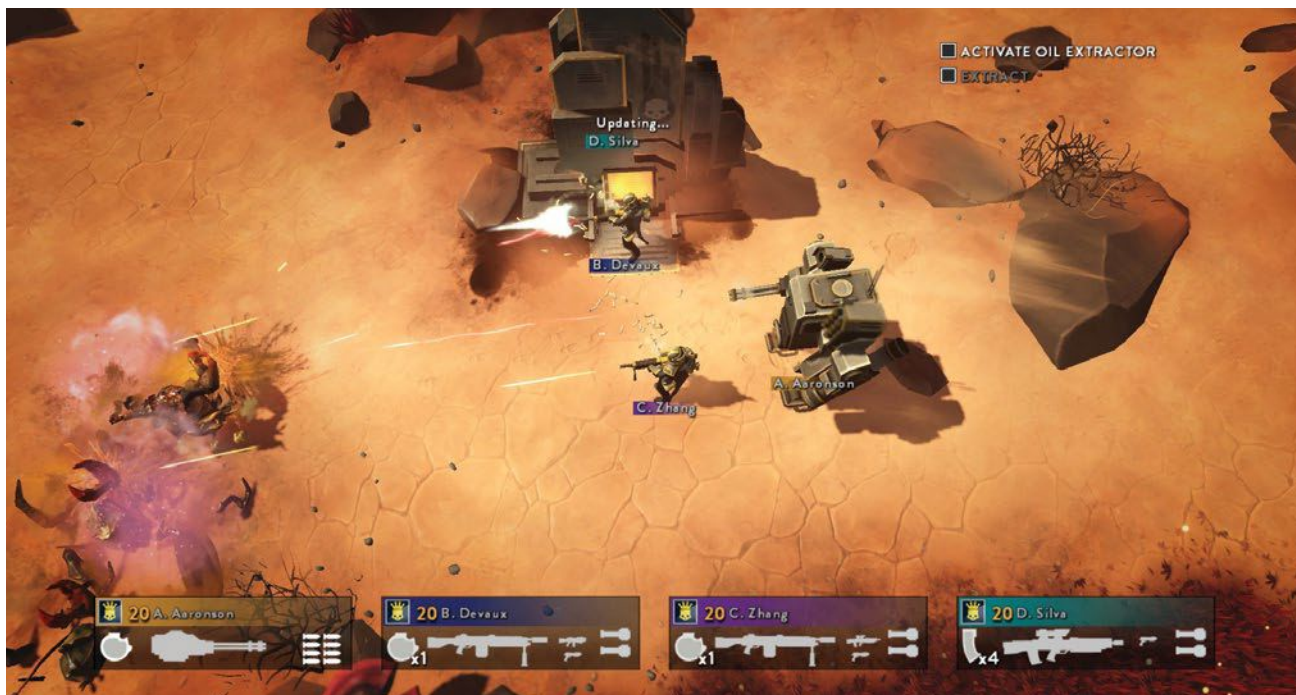
15

Best on PS3

PC games such as Magicka and Gauntlet developers Arrowhead Game Studios have ventured into the console world with their first game, Helldivers. And starship Troopers styled game is a top-down shootout for PS4, PS3 and Vita.

Helldivers is set in the future, where the countries of the planet Earth have united to form Super Earth, and operate under a system of 'managed democracy' where elections are more predictable. There are three hostile alien races that need to be subdued to protect

freedom. The technological advance Illuminae, the heavy armoured Cyborgs, and the Starship Troopers/Starcraft/Warhammer 40K influenced bugs are the nemesis of Planet Earth here. It's up to you as a Helldiver to save Earth. You must secure the resources to preserve the



RATHER THAN GOING ALL GUNS BLAZING AND SHOOTING LIKE A MANIAC, EXHIBITING CAUTION AND STEALTH IS THE PROPER WAY TO COMPLETE MISSIONS AND MOVE AHEAD IN THE GAME.

Earth. Although the story seems clearly a homage to the invasion of Iraq and the war in Afghanistan, the gameplay is both exciting and serious.

The War starts with each of the three alien race regions being split in half between you and them. You must then conquer regions to make way to their homeworld and trigger the Homeworld Attack event.

The battle against the three nations is the Galactic Campaign, which is amazing. It's community driven and broken down into wars. Each region is comprised of planets, which has missions, and the difficulty level rises as you go along. By completing planets

you get influence over that region. Once you have taken over one region, you move onto the next.

Rather than going all guns blazing, exhibiting caution and stealth is the proper way to complete missions and move ahead in the game.

Missions take place on one of the several procedurally-generated maps where players must accomplish a series of objectives. The aliens are not always on the defensive and can launch attacks on Super Earth. The Galactic Campaign is the only mode available but war system makes every mission important, making it not a typical shootout game. Levelling up is done via the gaining of XP, for each level you get

a Research Point that can go towards unlocking weapons and stratagems. You can also level up by collecting samples which are scattered throughout levels. This encourages exploration of each map as opposed to just doing the mission and getting out. The graphics are pretty clear and the background score will give you a patriotic feeling!

OUR VERDICT

Helldivers is great and we strongly recommend you to get it, even if you don't have any friend to play with. There is nothing you won't like in the game and there is no "they should have done this, why didn't they add this" moment in it. Hell yeah, go for it!



Entertain your brain

April

16

Best on PS3

Zombie Army Trilogy

Wander across the destroyed cities to kill the dead. If you really love shooting through the head, welcome aboard!

Zombie Army Trilogy takes place in the World War 2 which sees Hitler raising the dead in his last ditch attempt to conquer the Allied forces. Germany is thus a teeming nation of the undead and you – along with seven other players – will need to band together and wipe them out. Pretty straightforward and dull but then again,

zombie horde shooters have never been known for their deepened plot and intriguing designs. There are eight different characters to choose from here with four new females being added to the cast. Differences are sparse between each character, functioning as little more than a unique skin for your custom load-out. With regard to the weapon





IF YOU ARE IN A MOOD FOR A ZOMBI-CIDE, BETTER PLAY CALL OF DUTY AGAIN THAN INVESTING TIME IN THIS TRILOGY

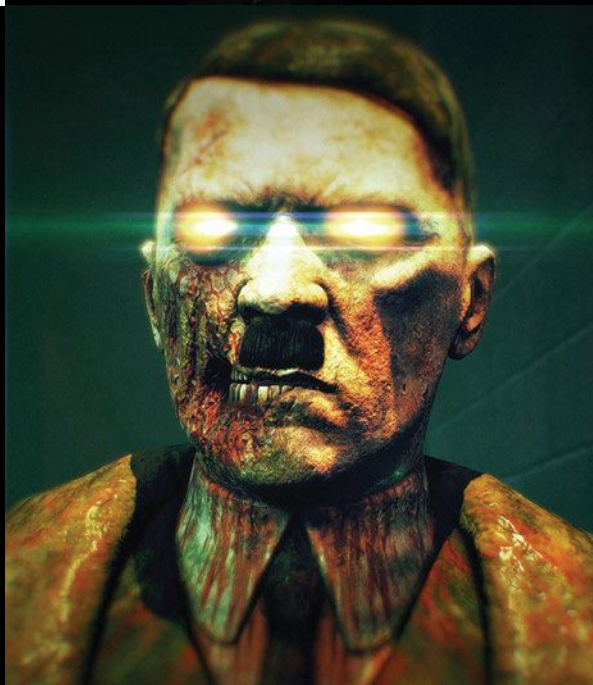
Select Character



Arny Boomgren

Once in the game, you'll see several choices to make in the next when you're in the game. The game is a very difficult one, so you'll need to be careful.

Done



variety, you won't find much to quench your thirst for bloodshed like the Call of Duty. Machines like the MP40 are mostly inaccurate and offer minimum damage output even when aiming for the head, causing you to rely more on handguns and rifles to pin down the dead. Weapons like the Preacher, the good ol' double barrelled shotgun, and the Panzerfaust let you explore a little outside of those confines though. There are explosives as well like trip mine grenades, dynamite and landmines that can aid you but for most of the part, the sniper rifle will lead you to victory.

Gameplay in ZAT is as simple as it gets. You'll progress from one checkpoint to the next and often times have to hold down a particular point while slaughtering a tsunami of the undead. There are safe-rooms to reload your ammo and switch weapons.

Unfortunately, the overall flutter nature of the game doesn't afford much opportunity to measure your shots. You'll be outnumbered most of the time and just try to hit as many headshots as possible before the zombies get too close. While

this could have been a somewhat harrowing experience, it's lessened by the fact that character movement feels awkward and you can employ a simple kick to knock zombies down.

There are times later in the campaign where snipers and machine guns come into effect as the zombies take potshots from one building to the next. There is no doubt that the game could be fun with all the 8 possible players running, screaming and having fun at the same time.

OUR VERDICT

Zombie Army Trilogy is tough to recommend without friends and even then, it won't take long for you and your buddies to tire of the typical zombie slaying. With various multi-player titles featuring more interesting twists – like Evolve and Battlefield: Hardline – one has to wonder how much appeal this will have for the average fan. Regardless, even if you're in the mood for some zombie-cide, you're better off replaying Call of Duty than investing time in this trilogy.

461.000 Instagram followers
21 years old
17 outdoor showers
2 Game Of Thrones girl crushes
1 Miss Universe crown
0 current boy friends

Gentlemen, meet miss

AMY WILLERTON

Photography: **MARSHALL JAMES;**
Words: **JORDAN WALLER**

Imagine we asked you to write down on a piece of paper the ultimate list of things that make the perfect Bond Girl. You'd probably include the following traits: an amazing figure; the ability to walk seductively out of the sea; an exotic or exceedingly British accent; adventurous; good at flying kicks.

It's a list that also belongs on the CV of this month's cover star, who's currently in the process of exploding across the globe as one of Britain's biggest exports since... well, Bond. So could Amy Willerton be just what the spy franchise needs when the Bond Girl for the next installment is cast? "That would be the dream," she tells *FHM*. "Imagine being a 60-year-old woman that can turn around and say, 'I was a Bond girl.' I'd love that. If anyone from Pinewood Studios is reading this..."

Write her off at your peril. Aged 21, Miss Willerton has already been crowned the sexiest women in the UK, world, and the known Universe. She appeared in the latest series of *I'm A Celebrity... Get Me Out Of Here!*, managing to outdo Klass and Flanagan and take outdoor showering to the next level. Now she has Hollywood firmly within her reach as she's set to add the acting string to her sexy bow.

It could all have been so different. After winning a reality talent show to become the next, erm, Katie Price, Amy decided that she wanted to tread a different path, and went her own way. She won Miss Universe Great Britain before being snapped up to appear on 2013's *I'm A Celebrity*, on which she finished a respectable fifth. The first time we published a story about Amy on *FHM*.com, it received a record number of views,



Black Bikini:
Asos.; Shoes:
French
Connection



White/Black Bikini: Sun
Seeker; Shoes: Jane Norman;
White One-piece: Melissa
Odabash; Styling: Kylie
Griffiths; Hair: Kim Roy USING
CLOUD NINE; Make-up: Hila
Karmand using YSL beauty.
marshalljamesphoto.co.uk.;
Retouch: Digital Light Ltd.

almost crashing our server.

That's not bad going at all, considering that before the show she was relatively unknown outside of the beauty queen scene. Unless you live in Asia, that is. "I used to get recognised in the middle of Asia quite a lot," she tells *FHM*. "They're really into the whole beauty pageant thing, so being Miss Great Britain was a huge deal. I'd be getting asked for my autograph in the middle of Thailand when people in Bristol didn't even have a clue who I was, which was pretty surprising." So who is the real Amy Willerton? "I'm just a normal, nerdy girl from Bristol that wanted to be a princess."

FHM: When was the first time you realised you were famous?

Amy: Just after *I'm A Celebrity*. I went Christmas shopping and got completely mobbed. It started with one person asking for my picture and it snowballed. That's the moment I realised my life had changed; when I had to do my Christmas shopping online.

That must be pretty intense...

Yeah but at the end of the day, I put myself on that pedestal. If I didn't want the attention then I shouldn't have gone on telly. I can't really complain. It doesn't take much of my time to be polite but it was a real shock to the system. Post-jungle, I hadn't anticipated how much attention I'd get. I'd never even watched the show before. »



AMY WILLERTON

**THE SEXIEST
BONDGIRLS
OF ALL TIME.
ACCORDING
TO AMY...**

HONOR BLACKMAN

"She played Pussy Galore, the classic Bond girl that nearly everybody remembers. She is amazing and such an icon."

GEMMA ARTERTON

"She is so hot and did an amazing job. A true British Bond lady."

HALLE BERRY

"A beauty pageant girl too who went from that to being in *Die Another Day*. She's now one of the biggest actresses in the world; such a huge inspiration."



What are people like with you?

They usually ask me how the jungle was, and then ask for a picture because their brother might like me. They never say it's because *they* like me. It's always for their brother.

What are the perks of fame?

I try not to accept anything just for the sake of it and I'm not much of a blagger, but I am getting a car built for me at the moment. It's a Jeep Wrangler, customised just for me...

That's miles better than the extra ketchup we managed to get in McDonald's. Is it going to be all initialed headrests and bouncing hydraulics?

Oh God, no. I wish I was that cool.

We interviewed Vic Reeves once and he said *I'm A Celebrity* was really easy. Is that true?

**"I'M NOT COOL AND
I'M A BIT OF A NERD.
I'M CERTAINLY NOT
THE SUPERMODEL
TYPE"**

It depends. I grew up camping every weekend so I love being in nature, but a lot of people in there had never done it. I wouldn't say it was easy, though. You're put in a lot of strange situations that are completely outside of your comfort zone.

When that was happening, did you regret signing up for it?

Slightly on the first day. I was lying in a box with a python on my face. It's strange, but being able to say that I've lived like a caveman, slept outside and crawled through a pit of tarantulas makes me quite proud.

You like adventure then?

Absolutely, I love extreme sports – base jumping, shark diving, anything like that. I love a good challenge and stepping completely outside my comfort zone.

If we took you on a date, would you be up for bungee jumping?

That'd be amazing. If a guy said to me, "Let's just fly somewhere and go on an adventure," that would be a dream. Spontaneity is really attractive.



AMY WILLERTON



Orange Bikini:
Princess Tam Tam

»

AMY WILLERTON



Black one-piece:
Hurley

Are beauty pageants mental?

Surprisingly, it's not at all catty or pushy. I never experienced any of that. In Miss Universe, all of the girls have already won a national title so you can't have egos because you're all on the same playing field.

What was your special beauty pageant talent?

For Miss World my talent was Makaton Sign Language, because my brother doesn't speak so I sign with him all of the time. I thought it was something slightly different.

Aside from the Brits, which nationalities are the sexiest?

I love Italian women, they're so naturally sexy. The more natural a woman is, the sexier she is.

Are you natural?

Absolutely. I'm just really normal, I'm not particularly cool and I'm a bit of a nerd. When I was at school I was a loner with braces and glasses. I'm not the supermodel type.

How are you nerdy?

I like Medieval things, like chopping people's heads off. I'm a total history buff; I love the TV programme *The Tudors*. I can tell you absolutely anything about the 16th century. On weekends, I like to go to a museum; I don't do shopping.

Are you a Game Of Thrones fan?

I'm absolutely obsessed with it, it's incredible. I loved it when they...
[Proceeds to completely spoil the most recent episodes of Game Of Thrones for FHM].

In the Game Of Thrones world of Westeros, who would you be fighting for?

Definitely Khaleesi [played by Emilia Clarke]. I'd get down with the dragons. I have a huge crush on Emilia Clarke, she's so fit. And Natalie Dormer, too. When I did the London Marathon, Natalie was next to me and I've fancied her since she

"MY SISTER'S A CONTORTIONIST. AND I'M PRETTY BENDY. I COULD GET MY LEG AROUND MY HEAD"

was Anne Boleyn in *The Tudors*. It was pretty embarrassing.

How so?

I just went, "Holy crap, Natalie Dormer is stood next to me!" I turned around and went "Natalie, I love you!" and she knew who I was. I didn't want to tell her but in my head I was like, "You have no idea how much I fancy you, I love you, I would marry you."

We're sure the feeling was mutual.

I hope it was, we'd make a fantastic couple and have lovely babies if we weren't both straight. It's good to still appreciate women though, and have a wife in your head.

Who was your biggest girl crush growing up?

Maybe Monica Bellucci or Gisele Bündchen. There's a woman that I call my Wolf that I have a big crush on but I can't reveal her. She's a friend and she doesn't know that I call her The Wolf, so that's a secret.

Don't worry, your secret is safe with thousands of FHM readers. What was it like being voted onto our 100 Sexiest list this year?

It was brilliant to be a part of such an iconic thing. When I was 18 I actually came into the FHM office to meet about

the Girlfriend page. I remember saying, "This is really cool but I'd rather come back when you want me on the cover," which is a little embarrassing, but now you've actually asked me.

After running a marathon you must be in pretty good shape. How fit are on a scale of one to 10?

I'm pretty fit. I'd probably say I'm a seven at the moment but I can get to a good nine and a half...

Are you very bendy?

My sister's actually a contortionist, so it kind of runs in the family. I could get my leg around my head.

What's your party trick?

I can do loads of impressions, you just need to give me somebody to do and I'll develop it. Give me 24 hours. I'm a perfectionist, I like to perfect my craft and put the work in. [Head to fhm.com/amytalks to see her skills in action].

You're from Bristol. Do you know who Banksy really is?

Actually, one of my RE teachers said she was friends with him and that his first name is Rob.

How do we know you're not lying... are you Banksy?

You'd never know...

What would you graffiti if we armed you with a spray can?

I'd probably just go to Henry VIII's grave and scrawl 'Anne Boleyn was murdered' across it.

Your second love is skiing. Have you ever got naughty in the snow?

I went skiing where there was a hot tub in the middle of the mountains. Everyone stripped off and just jumped in, which was pretty fun.

What's the best way to chat somebody up on a ski holiday?

For me, you'd have to be really fast because I'm quite hardcore. If you can't keep up with me, I'm gone.

HOW TO WIN AT INSTAGRAM

Amy currently has 461,630 Instagram followers – and that number is rising every day. Follow her guide to social media and you can be a selfie-star in no time...

1 Be yourself

"Post pictures that say something about you, whether it's you singing in the shower or a picture of a doodle. Don't just upload posts that are supposed to make you look cool because it gets boring really quickly."

2 Get your angles right

"It can make all the difference to the amount of likes you get. I tend to find that I get the most likes if I shoot from above."

3 Be a self promoter

"If nobody knows you're posting photos then how will you get followers? Link your Instagram account to your Twitter and Facebook and use hashtags so as many people as possible can see your snaps."

4 Be sparing with filters

"Don't go too filter-tastic with your pictures. I tend to stick with the pre-filters that come with my phone rather than overdoing it on the app so my pictures don't look the same as everybody else's."

For more sexy Instagram tips from Amy, go to fhm.com/amy

A MAN'S GUIDE TO BAKING

It's happened: baking, long considered the preserve of depressed housewives, has finally been recognised as manly. Come with us as we get to grips with the world of fiery ovens, crunching crusts and floury buttocks...



WITH EXPERT
TIPS FROM
THE GREAT
BRITISH BAKE
OFF'S
RICHARD BURR

Photography: Dan Matthews
Food Styling: Jack Sargeson

THE JOY OF DOUGH

Max Tobias, 30-year-old co-founder of The Dusty Knuckle Bakery in London, on why every man needs a bit of flour power in his life.

IF

you think baking is just a hobby for bored housewives, come and spend a day in my kitchen... you'll end up eating your words as well as my bread. Because baking is manly. It requires strength and sweat. It's a race against the clock. You have to dominate the dough or it will dominate you. Bottom line: it's not for the faint of heart. But put in the hard work and the finished loaf will repay you 10 times over.

More than that, there is something magical about baking bread, like alchemy. Watching the transformation from a lifeless, white powder into a delicious, nutritious, chewy and light substance that we rely on – and have done since the dawn of civilization. I love the fact that it is such an ancient craft yet still so relevant today. It has been the keystone of humankind's evolution over the past 10,000 years, from the Egyptians to the Greeks to the Romans to us.

There's another reason I love baking: it's the perfect combination of selfishness and generosity. I love eating the bread that I bake,

how it feels and how it smells. But more than that, I love giving bread to people. Because eating bread, more than any other food, is a social activity, ingrained in our culture. It's no mistake that we have so many related expressions in our language – "it's his bread and butter", "breaking bread" and "stealing bread from his mouth".

One of the toughest, but most rewarding, elements of being a baker is getting up before dawn six days a week. There is nothing more magical than kneading a lump of dough at sunrise, golden light streaming into your kitchen. It's just you, the bread and the binmen clattering outside. You feel like you're ahead of the game, watching the world wake up and begin its day when you're already halfway through yours. And that cold beer never tasted better than at 1pm when your work is finally done. Better still, at that time of day, you can always get a seat in the pub.

The Dusty Knuckle Bakery is an award-winning social enterprise in North London that aims to work with youth offenders as well as the long-term unemployed

BAKING BREAD: THE BASIC PROCESS

- **MIXING** Combining all your bits in a bowl. The flour, yeast, salt and butter are going to do some really awesome things together.
- **KNEADING** Pressing and pulling the dough. There is an art to this. An art you should learn.
- **PROOFING** Letting the dough rise like a glorious, sludgy phoenix.
- **BAKING** Sticking it in a nice hot oven (usually about 105°C) for half an hour to 40 minutes.

RICHARD'S TIPS!

SEPARATION ANXIETY

"Make sure you keep salt and yeast apart," says our expert. "When mixing your ingredients together during bread-making, always add the salt and yeast to opposite sides of the bowl as the salt can kill the yeast. Like when you were a kid and poured salt on a poor slug. It dries it right out."

A GOOD MIXER WILL BE YOUR BUDDY

- A Sage mixer, which is part of Heston Blumenthal's range, is a great, comparatively cheap alternative to the stylish but teeth-grittingly expensive KitchenAid appliances. It makes the mixing part of your baking odyssey a doddle. *Sage Scraper Mixer Pro*, ₹27,830



MIXMASTER, BAKE FASTER

• The first part of the process – mixing the basic ingredients together – is easier to screw up than most people realise.

"I've always been a fan of using cold water in my mix. If you use cold water and then keep it at room temperature, your bread will have a richer, deeper flavour," says Richard.

"Add a bit of brown sugar to your bread mix. If you're making bread or sourdough, a little bit of sugar brings that flavour right out. It gives the yeast something to eat and grow on as well."

AFTER-OVEN LOVIN'

• You thought that the moment you'd taken your creation out of the oven, it was all over? Not so fast. Richard says: "As soon as you take anything bread-based out of the oven, put it on a wire rack. If you put it on a flat surface, the rest of the steam evaporates out of the bread, leaving it soggy at the base."

"And listen to the crackle as it cools. That's the sound of the bread contracting. It's a beautiful sound that lets you know you've done a good job. It's *meant* to crackle."

"Also, don't cut it straight away. Even though it looks like bread, it's not quite. Have self-control and let it rest for half an hour, then tuck in. If you cut it when it's too hot, it'll still be soft and gooey in the middle."



OVEN-HOT STYLE

• Stomping around your kitchen, throwing up white clouds of flour and pummeling dough is hard work. But you can still look like a dude while you're at it. This apron tells any visitor to your baking lair that you are *the man* and you are definitely *in control*. Even when you're holding a tray of dainty scones. *Argos, ₹465*



NEED-TO-KNOW KNEADING

• Pushing and pulling your dough about is perhaps the manliest part of baking. You're basically fighting your food. Don't kid yourself into thinking you can just wing it, though. There is an art to pummeling your paste. "Don't be afraid to knead and knead and knead. Under-kneaded bread is always horrible, but you're never going to have a problem with over-kneaded bread."

"Everyone has their own style of kneading. I'm a great believer in punching the heel of my palm into it and stretching it across the table. I stretch it away with my palm, then fold it in and twist it," says the *Bake Off* finalist. "To check if your dough is kneaded enough, pull out a piece of dough between your hands. It should be able to stretch to 20cm without breaking."

"The most important thing to remember is to make sure that you stretch your bread and then fold it over. And stretch it again. As long as you're doing that, whichever direction you're doing it in, you're good for kneading."

"Once you feel like you've finished kneading, just do it for an extra five minutes to be sure. It doesn't hurt – in fact, it can only help make the bread better – and it keeps you fit to boot."

THE HOUR IS FLOUR

• A stockpile of (mostly) white powdery stuff is a must if you want to become a master breadsman (not a real job description). So let's get to know your artillery.

Stoneground

The fact this stuff hasn't been ground in an industrial process means it hasn't been exposed to as much heat. Which is a good thing, because it means more of the nutrients will stay intact.

Spelt

An ancient grain indeed. Spelt wheat has been harvested for thousands of years and is now enjoying a comeback thanks to its healthy properties. The fact it's got gluten in it means it's great for baking.

Malted

A type of wholegrain flour which is good for making all kinds of fancy bread. It comes in lots of different varieties – get the roasted type, which is really dark, for fruity rolls and bagels. If that's your type of thing.

Buckwheat

This is flour milled from a plant that's similar to rhubarb and grows in cold climates. It's got pointy seeds that look like cereal grains and has a sour, nutty taste. Low-cal and gluten-free, health freaks love it.



THE PERFECT WHITE LOAF

(IS PRETTY EASY)

➔ This is where it all begins. The crusty cornerstone of your baking empire. Creating your own humble loaf is an addictive process. You'll be holding it, warm and fragrant, in your hands, and all you'll be able to see is its minuscule flaws, making you desperate to have another go. Because your *next* loaf? That'll be the one.

Richard says: "You should never try to rush a loaf; you've got to be nice to the dough. Take your time. Don't feel obliged to mix anything up with your fingers either. I see it on TV all the time, people sticking their fingers in it, getting their fingers all covered in flour and water. But as a builder, I've always been encouraged to not get my fingers dirty. So I don't. I use a wooden spoon and, weirdly enough, my bread turns out absolutely great."

RICHARD'S TIPS!

BATHE YOUR BREAD

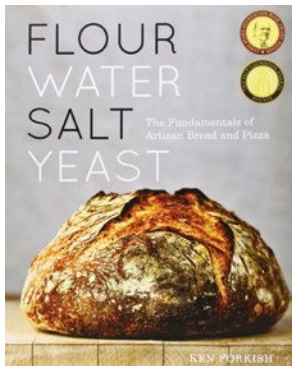
"Put a tray with some water at the bottom of the oven before putting the bread in. This creates a steam bath in the oven which helps the bread develop a lighter crust and prevents it from tearing."

RICHARD'S TIPS!

GO TO BROWN TOWN

"Don't be afraid of browning your loaf. One thing people are always terrified of is a little bit of colour. They freak out and whip it out the oven. Don't. You want a lovely, crispy crust." »

THIS BOOK WILL BE YOUR BIBLE



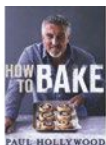
● *Flour Water Salt Yeast* by Ken Forkish (bonus points for a name that sounds like the punchline of a cooking-related joke) has everything you need to hit the ground (or kitchen floor) running. It's basically an awesome chemistry text book for bakers, clueing you up on all the weird science-y things you'll need to know if you want to really "get" bread.

...AND A FEW MORE FOR GOOD MEASURE



River Cottage Handbook No.3: Bread by Daniel Stevens
Sixty brilliant recipes. Everything from potato

bread and ciabattas to naan and pizzas.



How To Bake by Paul Hollywood
The big silverback of the baking world takes you under his muscular wing and shares some of his finely-honed skills.



Short & Sweet by Dan Lepard
You might not have heard of Dan Lepard, but every baker in the country definitely has.

When it comes to anything sticky and sugary, this guy knows his stuff.



NOT ALL CAKES NEED ICING... INTRODUCING MONKEY BREAD



➔ "Being a builder," says Richard. I'm pretty much pathologically addicted to doughnuts. Monkey bread is basically a giant pile of doughnuts stuck together, which you cook in a cake tin.

"You make lots and lots of small doughnuts and roll them in cinnamon and sugar so they get covered and then you bake them. When you eat it, you pull them off in chunks. The cooked sugar that holds the whole thing together can be pulled apart really easily – it's so satisfying. You could pour almost an entire bottle of maple syrup on there too, then serve it with some ice cream.

"My main tip would be to make the doughnuts small. If you make them too big, they won't cook from the inside-out, like they're supposed to."

MAKING THE DOUGHNUTS...

- Sieve 500g flour and 1 tsp baking soda into a bowl and mix in 70g butter and 70g sugar.
- Beat together an egg and 260ml milk. Combine both mixtures to form a dough.

- Roll out your dough on a well-floured surface to about 1cm thickness, then cut into ring shapes. Fry the shapes in hot oil for 30 seconds, then turn them over and cook them

for a further 30 seconds until they are golden brown.

- Drain the doughnuts on some kitchen paper until they're cool, then roll them in sugar.

»

THE KIT

PROVE YOUR WORTH

Let your dough prove in a banneton basket – it will help keep the shape of the dough, as well as improve the crust of your loaves. And who doesn't want to improve their crust? We like Andrew James' basket, because it looks nice.

Andrew James banneton, ₹1,860, amazon.co.uk

Nigella Lawson
measuring jug,
₹1,955

Nigella Lawson mixing
bowls, ₹3,095

Nigella Lawson
measuring spoons,
₹4,747/₹790

Le Creuset cake tins,
₹1,860

John Lewis mesh flour
shaker, ₹745

John Lewis rolling
pin, ₹1,675



Bitossi egg
timer, ₹2,600



Le Creuset
muffin tray, ₹1,675



WHAT THE HELL IS SOURDOUGH?

• “You might have heard about it. On the other hand, you might have absolutely no idea what it is. Sourdough bread basically comes from a sourdough starter – a special yeast starter that makes really rich-flavoured bread. It's bloody lovely. But sourdough scares most amateur bakers because

you have to maintain and nurture it. It's almost like having a pet.

“I reckon it helps to give your yeast starter a name. I've killed so many over the years, I suspect that if I'd named them, I would have probably nurtured them more. Jordan from *The Great British Bake Off* named his one Yorick, and he talked to it – he's really affectionate with his sourdough.

“Keep it warm and keep an eye on it. If you've got an airing cupboard or a warm spot in your house, keep it in there. And just keep an eye on it. They just have to be looked out for, fed every now and again and not forgotten about. If you've got a yeast starter, then you've basically signed yourself up for making sourdough regularly, for a while. It's a commitment. Sourdough's for life, not just for Christmas.”

EGGS ARE NOT COOL

• “Keep your eggs out of the fridge. I would never use cold eggs for anything; eggs should never be kept in the fridge as far as I'm concerned. It's the density of the yolk versus the white. I've never stored eggs in a fridge. My old man keeps chickens and we've always got eggs flying around. Tell anyone who puts eggs in the fridge not to.”

GET FILTHY RICH

• “Want something rich and full-on, like a Chelsea bun? Then add warm milk to your mixture to make an enriched dough. The fat in the milk slows down the action of the yeast, so warming it balances this out.”

AIR IS YOUR ENEMY

• “When your dough has risen up, you'll need to get the air bubbles out or you'll end up with a giant hole in your bread. This is called knocking back.

“There's nothing worse than when you can't spread butter on your bread because you've got a great big hole in the middle of your slice. To stop that from happening, you'll need to fold it over itself over and over again until it becomes similar to your unproofed dough.

“Take the dough out of the bowl and put it on a lightly floured surface and fold it repeatedly in on itself using the heels of your hands, until it is smooth and all the air has been knocked out of it. That should do the trick.”

»

**SPACE IS
THE PLACE**

"Always tidy up as you go. It takes moments to cover every single inch of your counter top and there's nothing worse than taking something hot out of the kitchen and having to do a dance around the hob, balancing crap on top of each other, trying to find a place to put it."

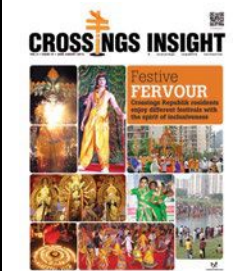
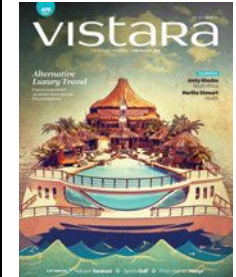
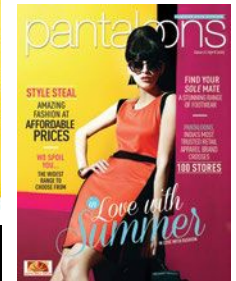
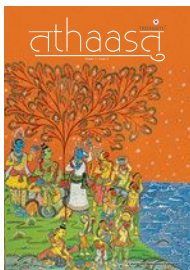
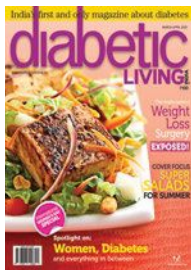


BASEBALL GAME-STYLE PRETZELS ARE WITHIN YOUR GRASP

➔ Everyone in the world can agree on pretzels. No one in the history of time has ever said "no pretzels for me, thanks". They have the power to bring buddies together, reignite romances and perhaps even end wars.

"There are two secrets to making a killer pretzel," says Richard. "The first one is getting loads of brown sugar in your mix to balance out the salt, which you'll use both in the dough and to pour on in the form of lovely rock salt at the end.

"The second tip is, once you've made the pretzels and twisted them, which is pretty easy to figure out, you have to boil them quickly in an alkaline solution. You need to put maybe three or four tablespoons of bicarbonate of soda in a pot and quickly flash-boil your pretzels before you cook them. That's what's going to give them the brilliant shiny outer edge that everyone loves."



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GENERATES CONSUMER AWARENESS

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HAS A LONG-LASTING IMPACT

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Super powers
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THE AGE OF ULTRON HEROES!

CAN A DEMI-GOD BE THE SEXIEST MAN ALIVE?
WHY IS HULK LISTED AS A TERRORIST? WILL
IRONMAN COME TO INDIA? *FHM* FINDS OUT...

INTERVIEWS BY **SIDDHARTH M JOSHI, SUDHAKAR JHA**

CHRIS FACT

Hemsworth has tried several casual jobs, including a construction man, a waiter and a barman before becoming THOR



Thor: God of Strength

Future king of Asgard talks about his relationship with Loki, Nick Fury and cheeseburgers!

There is not much you can ask the God of strength about power but when it comes to teamwork, how much is he capable of doing it? Has his daughter's name anywhere related to India? Know the normal life of the onscreen God...

FHM: Hey Chris. How does it feel to play a demigod onscreen? It's like you can tell your grandchildren that you were indeed God's child.

Chris Hemsworth: (Laughs) I guess that's true. It's kind of funny – I was at an airport once and there were two kids running around playing. One looked at his buddy and said "hey that's Thor." His buddy looked at him and said "no it isn't he doesn't have a cape or hammer" and they both ran off. So it just shows when you take the cape and hammer away I am a regular guy!

FHM: You and Tom Hiddleston had both auditioned for the role of Thor. Why do you think you got selected?

Chris Hemsworth: That's kind of hard for me to answer that, I am not really sure why I got selected, but obviously I am glad that I did. Tom is amazing as Loki, I couldn't imagine

anybody but him in the role. We clicked right away, and have become great friends.

FHM: We've learned that you gained 20 pounds for the role of the Thor. Is it true?

Chris Hemsworth: There is so much weight training that I have to do before I play Thor that yes I eat a lot more calories to gain the weight. It sounds really good, but sometimes you have to eat even when you are not hungry and that can be tough.

FHM: Why do you think Nick Fury gets Thor in the team of Avengers?

Chris Hemsworth: Ultimately Thor is always going to be on the side of the good guys, and I think Nick is more than aware of that. The only thing that is ever going to get him into any kind of trouble is his ego.

FHM: You have acted as Thor 4 times now, including the Age of Ultron. Which film you like the most yourself?

Chris Hemsworth: I think when we are all on screen together as The Avengers it is a lot of fun. We all bring sides of each other's characters out, which perhaps you don't see when we are on screen individually.

FHM: What is the threat on

earth this time which will lead to the Avengers reuniting?

Chris Hemsworth: Obviously SHIELD is now destroyed, so Tony sets up Ultron a peacekeeping programme. Things don't work out as he expects though, and soon it becomes a threat to humanity. And of course that is where we come in...

FHM: Tell us one secret each about the Avengers' members?

Chris Hemsworth: One secret is true for all of us, we all love cheeseburgers, but we have to eat so clean while we are shooting.

FHM: Is there a sense of competition among the Avengers?

Chris Hemsworth: All of The Avengers have big egos, some more than others. They are all fighting for the same cause, but ultimately when you have that many egos together there is always going to be disagreements between them.

FHM: Which Avenger do you find as a competition to Thor? Hulk? Ironman?

Chris Hemsworth: I am not sure there is any competition because we are all on the same team fighting for the same cause, but I think the personality of Tony can get to the



THOR FACT

Thor's character in the comic book had a chariot pulled by two goats to drive him around. Thankfully not in the film.



others. There is a great altercation between Ironman and The Hulk which is going to make really exciting viewing for fans.

FHM: You were People magazine's 2014 Sexiest Man Alive. We find them true. What about you?

Chris Hemsworth: Of course it is always flattering to win these sorts of polls, but I would never consider myself the sexiest man alive, and find it a bit embarrassing to talk about!

FHM: One of your kids name is India Rose. Has it anything to do with India?

Chris Hemsworth: It doesn't – I just think it's a really beautiful name.

FHM: India is a big

market for Hollywood films. Are you guys not planning to promote films in India more?

Chris Hemsworth: Where we market the movie is not a decision we make, but obviously India is a huge country so I am sure there will be stuff going on there. Of course they have their Bollywood scene which is really exciting, but it's great that Hollywood is a big market there as well.

FHM: What other films will we see you in 2015?

Chris Hemsworth: They will both be late on in the year, but the first is "Vacation" which is a comedy adventure movie and the second is "In The Heart Of The Sea" which is a thriller. I am very proud of both.



**RUFFALO
FACT**

Mark Ruffalo tended for nearly 9 years while trying to make it in the show business, and finally made it big after 8,000 auditions.



HULK:

FROM THE OTHER SIDE

Sensitive, vulnerable and human, Mark Ruffalo talks about his roles and real life.

FHM: You are just about the most favourite superhero of most Indians. Why do you think that is?

Mark Ruffalo: Wow, is that true? I am not sure I can give you an answer into why, but if that really is the case then I am very honoured. Thank you India.

FHM: Which character do you relate with more, Bruce Banner or The Hulk?

Mark Ruffalo: When I was in my 20's, I would say without a doubt Hulk. And I'm not kidding. If you came back to my apartment when I was younger you would have seen fist holes in the wall from me punching them. That's all gone now; I am much more chilled out and relaxed these days.

FHM: Who has your favourite superhero been?

Mark Ruffalo: I know you are going to think that I am just saying this, but I really liked The Hulk. I wasn't comic book crazy or anything as a kid, but I never missed the Hulk on TV... the TV show.

FHM: Eric Baan and Edward Norton have been your predecessors in playing the green angry monster. Who among the three, do you think, would win if put together in a fight? All guised as Hulk.

Mark Ruffalo: I have to say myself of course. What kind of Hulk would I be if I didn't win? Seriously though Ed Norton is a really good friend of mine, so before I accepted the role I spoke with him and got his blessing which was really important for me.

FHM: You were a theatre guy. Then you moved to Hollywood. Struggled hard. Worked in some movies. Got disillusioned. Then made a powerful comeback. Tell us about the ups and downs in the journey.

Mark Ruffalo: You know at one point I gave up, I had completely lost faith. I went home and told my father I wanted to work for his construction firm which is the family business. My mother just said no, you are going to do this. I obviously will never be able to thank her enough.

FHM: Should *The Kids Are All Right* be

HULK FACT

One of the lesser known powers of Hulk is that he has a gland that allows him to breathe underwater by creating pressure in his lungs.

**regarded as a turning point?**

Mark Ruffalo: It's always difficult to say if anything is a turning point or not, but I have always used the rule *go where the great roles are and you will be OK*. That was obviously an amazing role, very close to my heart, and a movie I am very proud of.

FHM: How was the journey fighting a brain tumour and overcoming a paralysed face?

Mark Ruffalo: You guys used exactly the right word, it has been a Journey. There is no doubt that at times it seemed like a very long road, but at the end of the day I am doing a job I love that is able to support my wife and kids.

I mean come on – how many people get to say that? (smiles)

FHM: You are very active off screen too. "Anti-fracking's first famous face", and much more. Most actors like to keep a low profile on political**issues. Why not you?**

Mark Ruffalo: Everybody has a part to play when it comes to politics, but obviously when you are in the public eye you want to use it for good and causes you believe will make the world a better place.

FHM: There were reports that your name was placed on a terror watch list by US officials. What?? For supporting a documentary about gas drilling?

Mark Ruffalo: I read those stories too, I mean everybody did. They are not true though, it is all pure fantasy. I hosted educational screenings of 'Gasland' and Pennsylvania's Homeland Security got busted monitoring these screenings and feeding information to the gas industry.

FHM: Hulk's secret is being angry all the time. What is your secret?

Mark Ruffalo: I turn my cell phone off at the weekend. Every weekend without fail!

FHM: Which character, among the ones you've played, is your favourite?

Mark Ruffalo: You know I really enjoy playing Hulk. I think The Hulk in The Avengers has a real sensitive side. I am not talking about Bruce, but about Hulk himself and I think that is a really interesting new dimension for the character. I've learnt new things about him as a character with each passing shot.

FHM: What do you prefer, being a motorcycle riding Paul or driving a car?

Mark Ruffalo: I would go for a motorbike, but it's not just up to me... in movies, of course. (winks)

FHM: What comes next?

Mark Ruffalo: I in a movie called *Spotlight* which will be coming out later this year, and we are also filming the sequel to *Now You See Me* which is a lot of fun.

THE CHARMING MAN OF IRON

Robert Downey Jr. talks about his love for Iron Man, his phase of addiction and the desire to visit India.

FHM: We've heard that you are soon to be fighting The Hulk on the silver screen. What's up?

Robert Downey Jr: (Laughs) Everybody seems to be talking about Ironman fighting Hulk in this movie! I can't say much about it, or the reason for the fight, but I can tell you for sure that it does happen!

FHM: With *Avengers out*, what is the status of the next Iron Man film?

RDJ: It's all down to Disney. They know I love playing Ironman, but it is all in their hands.

FHM: Critics have called you one of the finest actors of our times. But suddenly Iron Man and *Avengers* seem to have overshadowed everything else you've done. How did the role of a comic book hero seem attractive?

Robert Downey Jr: The Marvel Universe is so big and so popular that it can seem to overshadow everything you do. I don't mind at all though, I was born to play Ironman, I absolutely love it!

FHM: How has Tony Stark grown as a character?

Robert Downey Jr: Tony Stark decided to stand for something, to be a symbol for something that is better, something that people could look up to. Over the next movies Tony will start questioning what he has been standing for all these years. It will make some really interesting character development.

FHM: Your character in *Tropic Thunder* undergoes a pigment alteration surgery to darken his skin for the portrayal of a black man. Would you ever do something as radical as this in real life?

Robert Downey Jr: I am all up for doing all you can to prepare for a role, but I think that would be going a little far for me! (shudders and laughs)

FHM: You practice Wing Chun. Tell us more.

Robert Downey Jr: I make Wing Chun and meditation part of my daily work out. I have to train really hard before I play Ironman, and Wing Chun is a great tool for both mind and body.

FHM: You've had a prominent addiction phase and a final overcoming. Tell us about the two phases in contrast.



IRONMAN FACT

The Ironman suit can lift up to 100 tonnes, which is exactly what the Hulk can lift. But Stark's latest Hulkbuster can do more...



Robert Downey Jr: I have always said coming out of an addiction is like coming out of a coma, you are never really the same person again. You need to find positive things to fill your time with, and that is exactly what I have done. My work, my family, and meditation are what my focus is now.

FHM: Indian detective (fictional) Byomkesh Bakshi has apparently piqued your interest. This makes us both excited and curious.

Robert Downey Jr: We heard that some of the stories and inspirations originally came from The Sherlock Holmes novels, so of course that made us interested to check it out.

FHM: Do you like sports? What do you play?

Robert Downey Jr: I love to watch boxing, The effort, training, and lifestyle choices those guys have to make in the build up to a fight is incredible.

FHM: Who is/are your favourite actors that

have co-starred with you?

Robert Downey Jr: Gwyneth Paltrow and I are great friends, so we always have a great time filming the Ironman movies.

FHM: What do you drive?

Robert Downey Jr: The hardest thing that I take these days is coffee, but cars are kind of an addiction of mine. I have a better car collection than Tony Stark. (wicked smile)

FHM: Does your list of holiday destinations have a slot for India?

Robert Downey Jr: Absolutely, it is a dream of mine to tour India one day with my family. I would love to spend at least a month though, and sample all the culture that the country has to offer.

FHM: One gadget from Iron Man that you wished really existed?

Robert Downey Jr: It would have to be the ability to fly without doubt. Anybody who has ever had to sit in rush hour traffic in LA will know why! (winks)



INDIA NEEDS THEM SUPERHEROES

THE WORLD HAS MANY SUPERHEROES THAT FIGHT
CRIMES AND SAVE THE WORLD FROM FICTIONAL DEMONS.
IT'S TIME INDIA GOT ITS OWN SET OF CUSTOMISED SUPER
BEINGS TO HELP FIGHT ITS DEADLIEST FOES.

WORDS BY **SIDDHARTH M JOSHI**



LADIES'MAN

SUPERPOWER

- Photographic memory
- Can fly
- Heightened sense of sensitivity towards women

METHOD

- Collects information and statistics on women, girls and female infants across India
- Catches signals of women in distress through long distances
- Flies and reaches the scene of crime
- Tases the culprit with electric shock
- In case of a sexual offence, cuts off genitals instantly

JOB

- To ensure safety of women

PROP

- Taser



Area of activity: All India, majorly in UP and NCR

CORRUPTION CLEANER

SUPERPOWER

- Can swim
- Can fly
- Can change shape and size
- Is almost like a demi god

METHOD

Reaches the scenes of corruption and handcuffs the people involved and takes them back to an elaborate facility of rehabilitation

Has a red button on his chest that is also a GPS. It takes him to scenes of major corruption

- The handcuffs cause absolute memory loss

The culprits are brain washed and reformed by deleting every trace of corruption from their heads and brought back to the society as perfect citizens

JOB

To put an end to corruption in the nation

PROP

Handcuffs



Area of activity: All India

SWACHH MAN

SUPERPOWER

- Can fly
- Can make things disappear
- Can change chemical composition of things inside the vacuum cleaner bag

METHOD

- Flies and reaches places that are dirty and need fixing
- Cleans things with his vacuum cleaner
- Makes the liquid waste disappear
- Changes the chemical composition of non-biodegradable waste and converts them into currency notes
- Uses the broom to knock people off who litter, which leaves them paralysed for an hour

JOB

- To keep the nation clean

• Broom

PROP

• Vacuum cleaner

Area of activity: All India

JANSANKHYA WOMAN

SUPERPOWER

Has telepathic powers and can catch signals over long distances

Has a noiseless hovercraft that has a stealth mode

METHOD

Vasectomises men who already have two children

Catches signals each time a woman is forced to conceive against her will, and stops it

Drops condoms at married peoples bedrooms at night

Uses the cork to shut the mouths of those promoting population explosions in rallies and public meetings

JOB

To control the nations population

PROP

Condoms



Cork



All India and other third world countries on special deputation

EDUCATION LADY

METHOD

Gets to the scenes of ignorance and ill-information

Makes people aware that education and literacy are two different things

Uses the wand to put sense into the heads of people

Provides school uniforms and books for children, to go to school

SUPERPOWER

Supernatural powers
Can become invisible

Can mind-travel

Can travel with the speed of light

JOB

To educate everyone in the society

PROP

Wand of common sense

Area of activity: All India



INCORPORATING
THE FHM SEX
SURVEY 2014

The truth about British girls and sex

Think you know what women want? Think again, pal. Our panel of experts – and 1,000 real life British women* – reveal what ladies *really* want from the no-pants dance

*As well as 4,000 blokes

The panel



Rebecca Dakin

Author, sexpert and relationship and dating advisor Rebecca has more than 20 years' experience in professional dating and is currently writing a sex tips book to make you better in bed. Visit rebeccadakin.com



Nicole Neal

The beautiful Nicole, seen in our shoot, is a former fine art student turned model who has been making your heart ache since she first appeared on these hallowed pages back in 2012.



Sara Pascoe

Comedian Sara is possibly the funniest woman in Britain. She likes her jokes dirty and her willies clean. Go see her new show *Sara Pascoe vs The Truth* at Soho Theatre (sohotheatre.com)



Lucy Hancock

Journalist Lucy has been a woman most of her life and writes about all things sexual (as well as a bunch of other stuff) for everyone from *Look* and *Grazia* to *Heat* and the *Mail On Sunday*

»

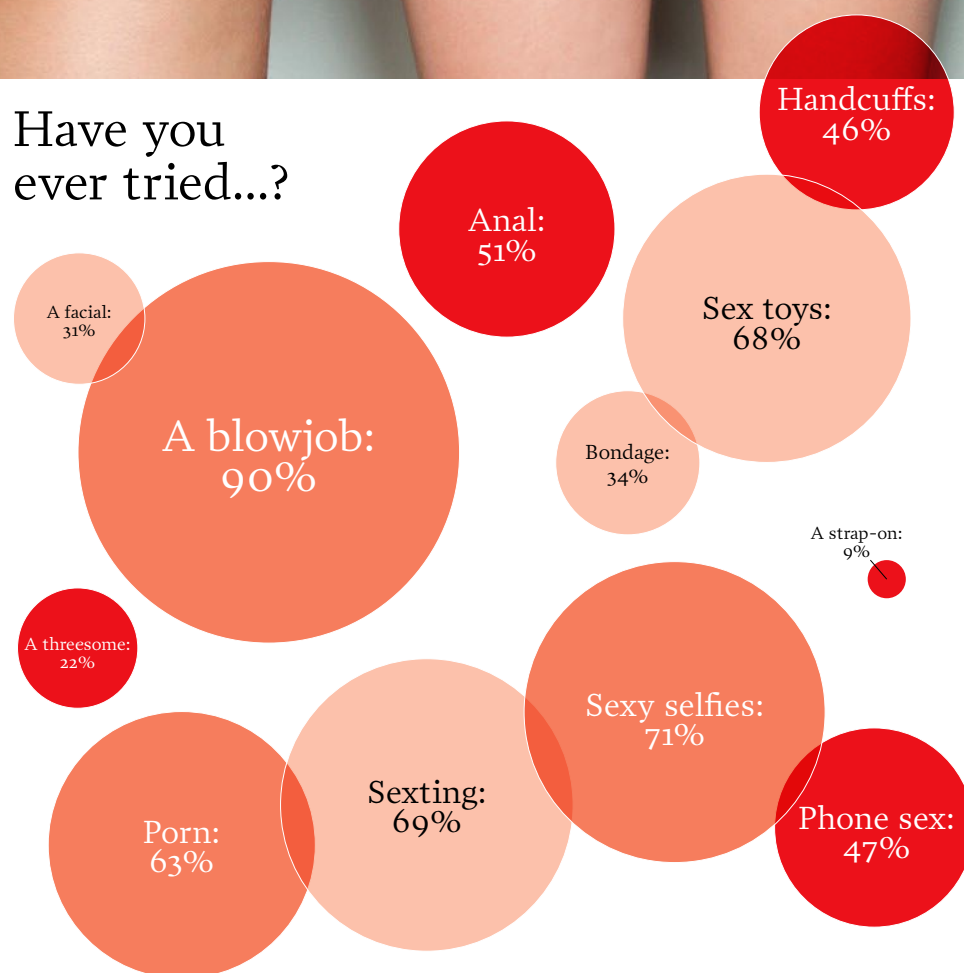
Words Dan Masoliver
Photography Marshall Jones



You think... you go solo more often than your missus

The truth: Guys are a bigger bunch of wankers than girls – this much we know – but still, we discovered that 46% of women go solo at least once a week. “Most of us have used a vibrator at some point,” says Hancock. “But you’ll be relieved to hear lots of ladies find the whole giant veiny plastic nob thing a bit gross-out, and stick to good old fashioned digits for stimulation. The bath is a very popular location for a bit of hands solo time – especially if you live in a house share – and a decent power shower attachment is a handy alternative to the tell-tale buzz of a vibrator.” So if the hot water is constantly running out at home, now you know why: it’s the girls of the house buffering their bits into next week. Or an inadequate immersion heater. Either way it’s pretty sexy though, right? Lads?

Have you ever tried...?



21% of women masturbate 2-3 times a week

sex
survey

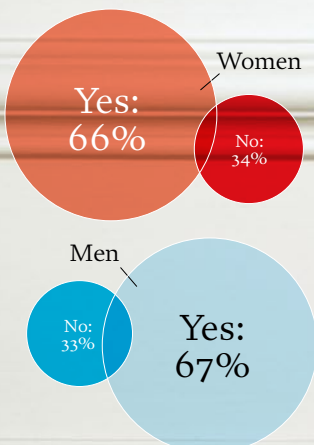
49%

of women say the
first thing they
notice about a man
is his eyes

You think... girls are too emotional for one-night stands

The truth: Imagine, if you will, a topsy-turvy world in which women enjoy one-night stands as much as men. Well, brace yourself soldier, for this world is not science fiction, but *real*. And you live in it. "Women have loads of one-night stands – they're just much more sneaky about it than you are," says Hancock. "There are many, many girls in this world who just want to get their rocks off – especially on holiday. Play your cards right and you could be relieving her of those rocks." If you do find yourself in the not unlucky position of waking up in a total stranger's bed, rest assured there's no need to talk about marriage or invite your parents round to meet her. "You both know the game, so don't bother making false promises about slap-up meals and trips to the zoo. This is the 21st century. Sometimes great sex is just great sex."

Have you ever had
a one-night stand?



You think... real men last for hours

The truth: Ignore Lionel Richie and those emails that get ejaculated into your spam filter every day: no one *really* wants to go all night long. "How long sex should last depends entirely on what you're doing or where you are," says Nicole. "You might be in a rush, so a quickie is enjoyable. Being late for dinner is a very different situation to coming home after a romantic night out." Don't judge yourself against porn stars either – they're the freaks. Sex in adult movies is like marathon running, but most girls are happy with a Usain Bolt-style sprint on a work night. The archer victory pose at the end is optional.

8%

of men have slept with more than 50 people

You think... bondage is for kinky weirdos

The truth: Ropes, cuffs and blindfolds aren't just for couples whose houses feature subterranean, wipe-clean sex dungeons – almost half of all women who took our survey have experimented with handcuffs in the bedroom. "Us lady folk have been bonding since long before *Fifty Shades* hit Waterstones," says Hancock. "We might not be dragging whips and chains out of the basement, but don't think we haven't thought about it. Blindfolding is cheesy and fun, but a spontaneous firm grip round the wrist can turn your average Sunday-night session into a religious experience. Light hair pulling and gentle restraint are a way to test if your girl's into that sort of thing." But be warned: "Rough sex is *all* about following her lead. You don't want to end your romantic date in a cell."

You think... the clitoris holds the key

The truth: "The biggest mistake men make is skipping foreplay," says Dakin. "Skin is the biggest organ of the body and is highly responsive to touch, especially the neck, back, inner thighs and palms. Not every erogenous zone is going to work for every woman. Try everything – kissing, nibbling, stroking – and watch her response."

What's the most erogenous part of your body?

Neck:
39%

Nipples:
24%

Vagina:
31%

Ears:
6%

STYLING: HAYLEY LAWRENCE
HAIR AND MAKE-UP: NAT'S USING MAC

You think... BJs are for special occasions

The truth: You might spend your darkest, loneliest nights wondering whether you could get your penis into your mouth, but sadly not all girls are so enamoured with a mouthful of man meat. You can, however, make a blowjob a more appealing prospect. "You're more likely to get it if you give great oral sex to your woman first," says Dakin. "And, just like guys, we prefer it trimmed

down below. Balls should be shaved like chicken fillets, and the rest of the hair should be trimmed." Also, be conscious how long it's all going on for. "If you take ages to come it can be quite boring," says Pascoe. "Maybe stick on an audio book or something." We suggest Bill Clinton's biography (a real, 20th-century blowjob classic) rather than Cormac McCarthy's *The Road*.

39%

of women have had
a sexual encounter
with someone of
the same sex

What's your
favourite position?

Doggy style:
37%

Girl on top:
27%

Missionary:
24%

Spooning:
8%

Reverse cowgirl:
4%

You think... variety is the spice of life

The truth: You don't have to wheel through the Kama Sutra each time you have sex, but trying out different positions will spice things up. "Given that women hardly ever come from penetration alone, positions like doggy, girl on top, reverse cowgirl and spooning leave ample room for your hands to occupy her clitoris," says Hancock. The main thing is to pick the

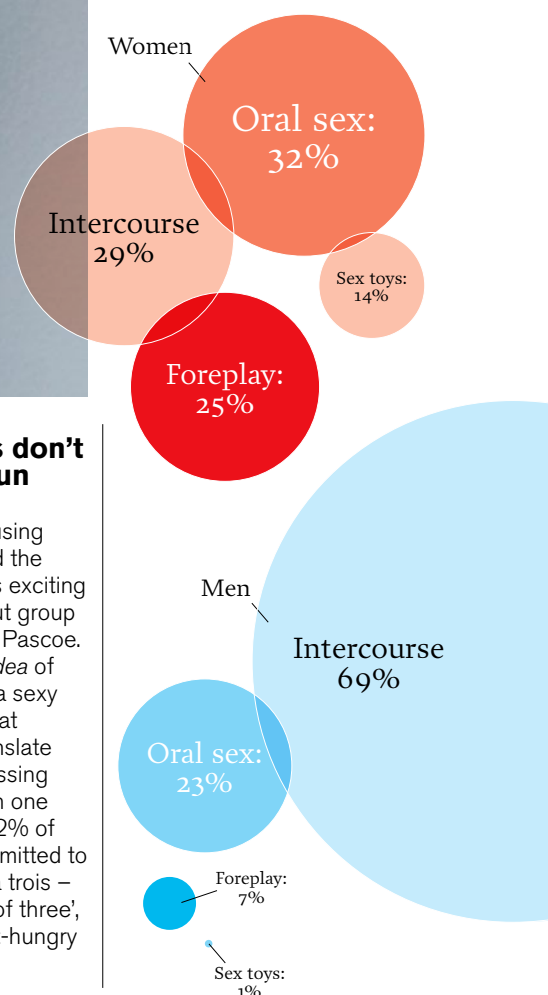
position to suit the occasion. "Doggy is a winner when you want to be banged like a porn star, while spooning is perfect for lazy, hungover sex without the eye-watering morning breath. Other positions she'll really dig will be where she gets to be a cowgirl – looking fit rather than crumpled. It's a lot harder to orgasm with the soles of your feet pressed against your face."



You think... you should be able to make her come during sex

The truth: While 69% of men are most likely to come through intercourse, women can reach the Big O in a whole host of ways. "There are 11 types of orgasm, and not every woman will experience every type," says Dakin. "It's about finding what works best for the person that you're with. The most common one is the clitoral orgasm, which is far more likely than a penetrative sex orgasm."

What is most likely to give you an orgasm?



41%
of women
feel
positively
about
anal sex

You think... women hate anal sex

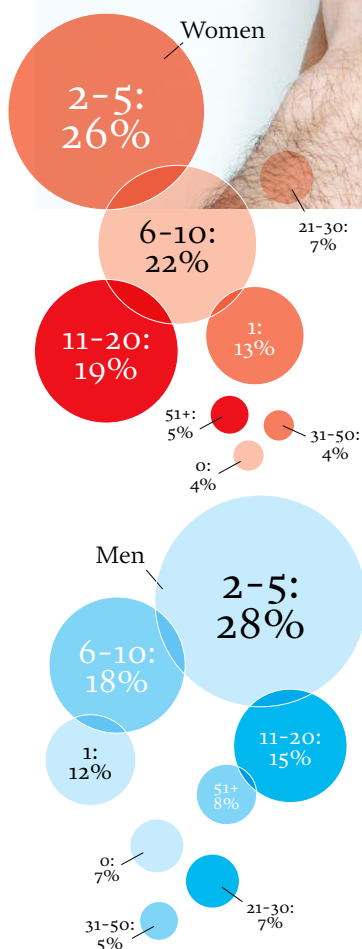
The truth: "For a lot of girls, anal sex is like going back to being a virgin again," says Hancock. "It's risky, uncharted territory and the fear that something unladylike might happen can override the pleasure. Plus, she's probably been terrified by some ouch-y looking porn." That's not to say it'll never happen – 41% of women said they were opening up to the idea – but you have to go about it in the right way. "That means loads of lube and doing it straight after a shower," adds Hancock.

You think... girls don't want threeway fun

The truth: Highly arousing news flash: women find the idea of a third player as exciting as you. "Fantasies about group sex are common," says Pascoe. "Having said that, the *idea* of a threesome might be a sexy thing to imagine, but that doesn't necessarily translate to doing it. It's embarrassing enough having sex with one person." A whopping 22% of female respondents admitted to having had a ménage à trois – French for 'household of three', in case your sordid fact-hungry mind was wondering.

52% of women prefer sex with the lights off

How many people have you slept with?



You think... notches on your post make you better in bed

The truth: Whether you've lost count of the number of women you've been with, or you've had more failed driving tests than partners, it needn't affect your love life. "I wouldn't be put off by someone who was either extreme," says Nicole. "It's about you and that person, not everybody in their past." In fact, a low tally can be a sign of a more accomplished sextician. "The best lovers tend to be those that have had long-term relationships – they know what they're doing more," says Dakin.

You think... it's nice to share a snap of your privates

The truth: According to our survey, 71% of women have sent saucy pictures from their phones. "Girls feel comfortable sending those pictures to boys, but there has to be a level of trust, otherwise they'll show their mates," says Nicole. The results also revealed that guys and girls are almost equally prolific when it comes to sharing self-generated smut. That's a hell of a lot of pictures of titties, nobs and vaginas floating around you right now. Breathe it in deep: *musty*.

You think... facials are a standard part of sex

The truth: Porn-viewing blokes have grown up thinking the most natural way to end a romantic encounter is to masturbate in the general direction of their partner's gawping mouth. "It's important to ask what the boundaries are," says Dakin. "The body is acceptable for most women, but the face and mouth are less popular." Pascoe adds: "I had a guy who tried to tell me it was complimentary, but as he didn't ejaculate over anything else he liked, I knew he was wrong."

71% of girls have sent a sexy selfie

GIVE DISTRACTIONS A PASS THIS IPL

Foolproof your IPL month,
so there's no such thing as
even a hint of interruption.

WORDS BY **SIDDHARTH M JOSHI**





IT'S THE SEASON OF CRICKET. THE WORLD CUP'S OVER AND IT'S TIME FOR IPL NOW. IF YOU'RE ANYTHING LIKE US YOU ALREADY HAVE THE SCHEME OF ALL IPL MATCH FIXTURES AND DETAILED TIME-TABLE STUCK TO YOUR WALL, BOTH AT HOME AND OFFICE. THERE'S NO BIT OF DISTRACTION THAT'S WORTH COMPROMISING THE GAME FOR, SO MAKE SURE YOU HAVE A STRATEGIC PLAN READY TO GET RID OF ANYTHING THAT COMES IN THE WAY. REMEMBER ALL'S FAIR IN/FOR LOVE AND CRICKET.

PLAN AHEAD FOR WEEKDAYS

Gone are the days when cricket commentary was exciting over the radio. Getting feeds for a T20 match auditorily or from the newest App on your phone makes absolutely no sense, lest you want to die of suspense and score board fluctuations worse than the stock market of a fiscally depressed nation on the verge of a zombie apocalypse. BCCI has been considerate enough to schedule most matches out of the total 60 at 8 PM. Few have been timed at 4 PM but mostly on weekends. But a residual unfortunate couple of them have the 4 PM slot during weekdays. This is what to do.



21ST APRIL

2015,

Tuesday

Get a second grandfather, twice removed killed, of old age, in a rural setting only a few hours away from your city of office that doesn't fetch phone signals. Come to office like any other day and right at lunch get a call from your dad that the tragedy has occurred and the last wish of the deceased was to be set on the pyre by you. Leave at 2 PM. Reach home before time and pop some corns for the match. Drop a few popcorns on the table for the fictional relative as penance and good luck for your team.





22ND APRIL
2015,
Wednesday

You've had a tragic eventuality at home, so next day come to office a little off and distracted. Let it known to everybody that you are not well and that you have a strange fever where your body temperature remains normal but you feel really sick inside. The dramatic catharsis will dawn on its own when your

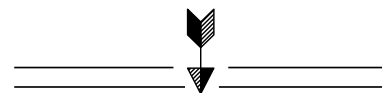


office crush comes to ask after your health and suggest that you go home. Dribble a bit and after an appropriate while give in. Go home, order a spicy pizza with extra cheese to cure you of that strange fever, and switch the TV on.



1ST MAY
2015,
Friday

Host a visit of your mother-in-law who's touchy about a driver picking her up at the airport when her son-in-law is still in town. Tell the story to a few married guys at office and gain sympathy for the monster she is. Listen patiently and disapprovingly when they relate their own. Make a sullen face with a helpless forced smile and joke about it being World Labour Day as you exit the office sharp at 2:30 PM. Order flowers for your wife to make up for the fantasy mother visit, when your match is about to start. They'll reach her by the time it's over and you may have more than one reason to be happy about.



4TH MAY
2015,
Monday

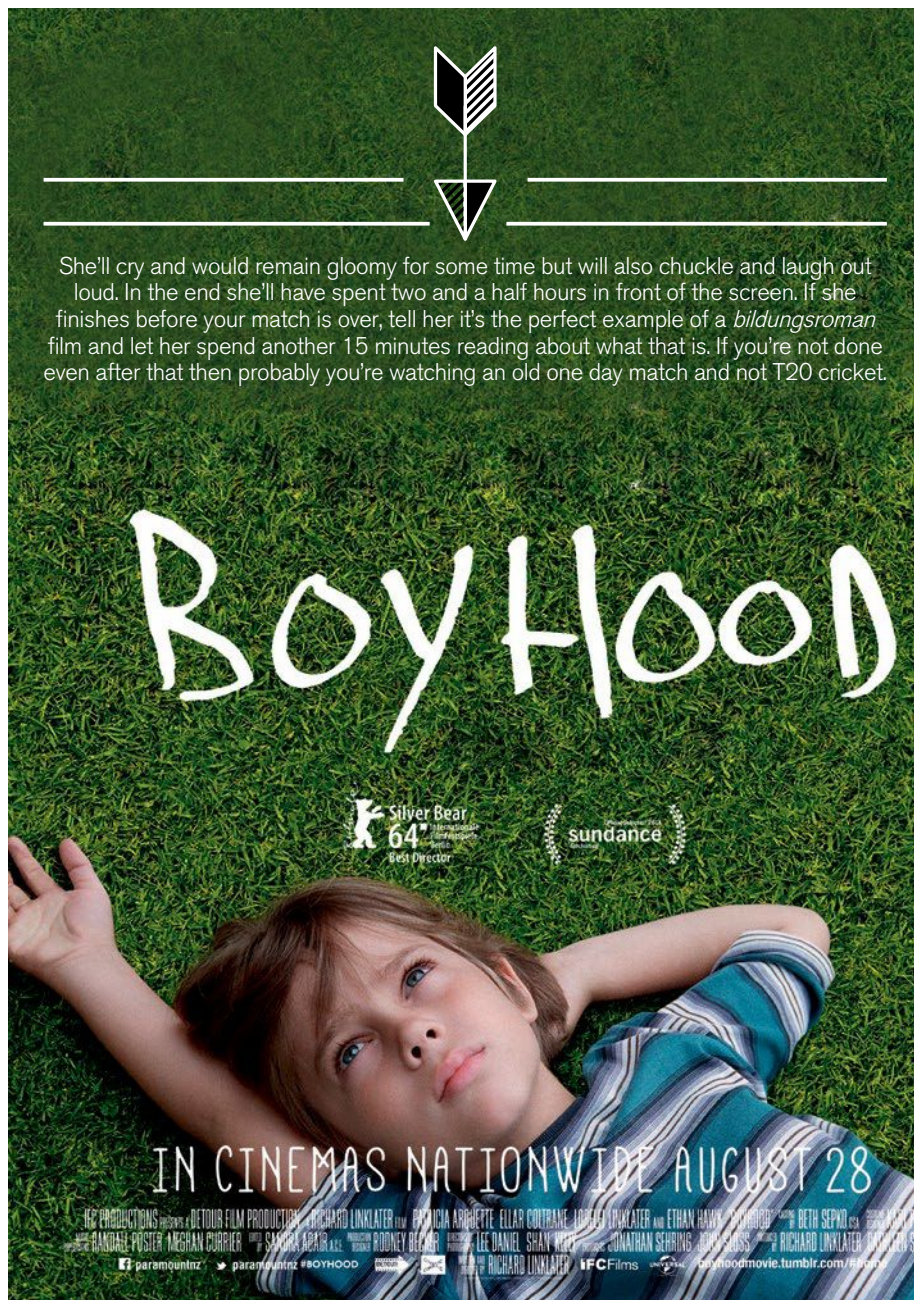
As soon as you finish reading this line take a break and draft a mail for leave for this day, saying you're leaving town on friday night for a friend's wedding and will be back on monday afternoon. Kudos for doing this. You will not feel uncomfortable about lying to your boss yet again by having done it this early. Wake up really late after a night of binge drinking on Sunday night and have lemonade and nachos to get over that hangover while you watch the match.

PARTNER TROUBLE

You've secured all those weekdays, but there is one distraction that is bigger and mightier than anything else. It's like the last stage of Contra, the 8th stage dragon of Super Mario Bros. that you have to be really careful against— your girl friend/wife. The boss may not mind you taking a day off or two for he has others working for him, but your significant other has only you. That's more scary than cute. This means she's going to be mad at you for a stretch of a month and half without even one day off for not giving her your 'primetime'. Be extremely cautious about how you handle this for she'll be prepared to pick all the bones with the dexterity of an archaeologist.

Take her out as much as you can before the IPL epidemic starts. Pamper her with dinners, dances, parties, romantic walks and a lot of shopping. Do everything she loves. Forget about your preferences and pick her favourite movie to watch, her favourite restaurant to eat in, her favourite music to listen to. Basically be her bitch for all the time you have and slyly let her realise this. When your time comes, practice the right body language to go with words like— "Baby can I watch one?", "Remember we had so much fun listening to all the Boyzone tracks back to back, let's watch some cricket together?", "I know you're just messing with me making that angry face. Deep down you want me to have some time for myself and enjoy the match."

But we know, soon enough she'll go impatient and you'll have to keep her occupied with something more substantive than just the crap you make with words. Get her some movies and gripping TV series to follow. Make her so addicted to them that it's them she thinks about all day in office and switches on her laptop first thing she comes back. Socially-proven-to-psychologically-claw-her-to-them films and TV series to collect before the crisis hits:



WHIPLASH

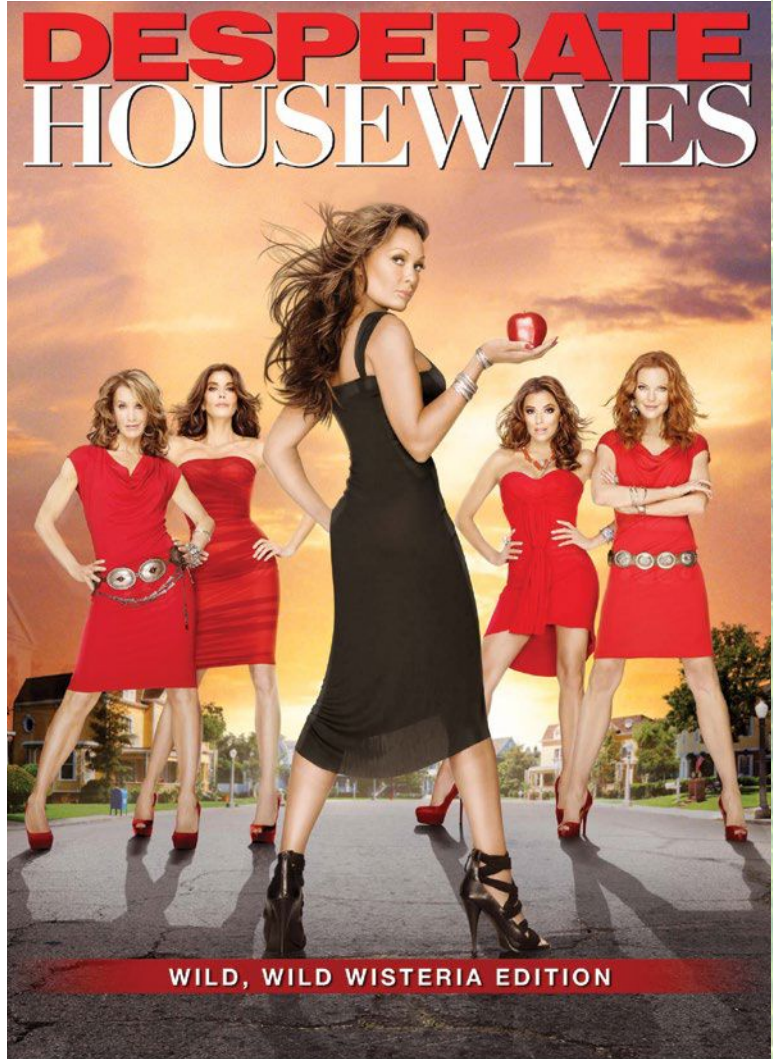
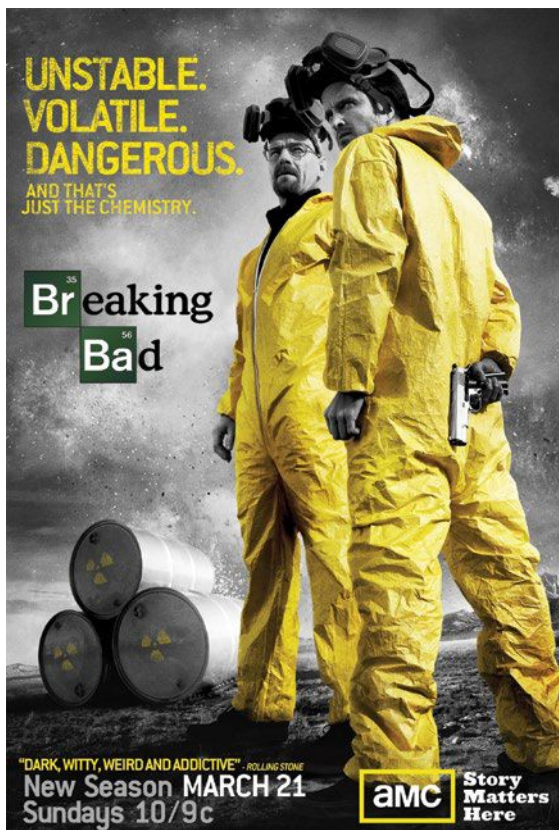
If she loves Jazz or music in any form, she'll stay glued to her screen right till the credits begin to scroll and all through their end. It has passion and sophistication with amazing actors. When the film's over and she comes back

to your couch ask her if she noticed Mohit Chauhan's song that was featured in the bar scene. It's only to get her back to the laptop because your match isn't over yet. There is no Mohit Chauhan.



BREAKING BAD


This might take longer and more of your involvement than others. It's an amazing series right? But if you give it to her to start on her own she might get passive and detached soon. Sit with her before the IPL dates arrive and keep telling her that the pace will catch up after a few episodes. As soon as she garners interest withdraw exactly like when teaching a teenager how to ride a bike. She'll be on auto pilot everyday after that. Even when all seasons are over, you'll have its prequel *Better Call Saul* to whet her large appetite, ready and loaded in her hard disc.



DESPERATE HOUSEWIVES

Pick this up when everything else is exhausted or doesn't work. This is disarmingly effective on the fairer sex. But you might create a Frankenstein by introducing her to the daddy of gossip-driven female addiction series. Honestly we don't even know what's in there, but from the stories we keep hearing, its *Sanjeevani Buti* on DVD. For further heads up you may want to visit one of the online portals of men who got divorced because of it.

HOW TO FIX FOOTY GOOD AND PROPER

A hand wearing a black leather glove, with the index finger pointing towards the main title. The hand is wearing a dark suit sleeve. The background is a blurred image of a football stadium with red seating.

With Steve McManaman

He used to talk with his feet.
Now he uses his mouth.
And he wants to share his
McManifesto for an even more
Beautiful Game...

Words: Matt Blake



When Patrick Kluivert scored for Ajax in the 1995 Champions League final, he described it as a rush of "pure ecstasy". Arjen Robben did it in 2013 and saw his "whole career" flash before his eyes. And for Internazionale's Diego Milito in 2010, it was the moment he realised "anything in life is possible". But when you ask Steve McManaman how it felt, he draws a blank... he simply can't remember.

"I don't know how I felt to be honest," he squints, as if blinded by the darkness of his own memory. "I suppose it must've felt good. I certainly look pretty happy in the photos, don't I?"

Can it be true, that he has forgotten his wonder-volley that helped Real Madrid beat Valencia 3-0 to win the Champions League in 2000? Can he really not recall what must have been the single most important moment of his career? "It was so bloody long ago," he shrugs nonchalantly. "I just can't really remember." Then his frown dissolves into a smile, and he chirps, "It'd be brilliant if I had a memory, wouldn't it?"

Steve – or 'Macca' if you're either his friend or from Liverpool – is wearing a three-piece tailored suit in navy when we meet him in a hotel on the outskirts of Manchester. He looks intimidatingly sharp – the polar opposite of those dazzlingly-uncool cream Armani suits he and his Liverpool team-mates so-confidently wore ahead of the 1996 FA Cup final. Needless to say, they lost that game.

He speaks a bit like he played, bearing down on you with fearsome pace, weaving in and out of sentences before you've time to cut in. He is intelligent, articulate and very scouse. He crosses his legs and leans back in his chair with the air of a man who's Made It. And why shouldn't he?

This is a man whose career has reached pinnacles most footballers could only dream of. Not only is he a Liverpool legend, lauded across Merseyside for his mazy runs and pinpoint passes over nine years at the club, but a European one too. As the owner of two Champions League winners' medals and two La Liga titles during a four-year stint with Real Madrid, he is English football's most-successful foreign export. Pele himself hailed the floppy-haired playmaker as Europe's most talented footballer after his electric performance for England at Euro '96. Upon retiring from the game, he glided into the world of punditry and is now BT Sport's most-respected voice on football. But in modern punditry's depressing quagmire of predictable opinions, in-jokes and Malaga tans, Steve is one ex-player who isn't afraid to put his head above the parapet.

Small talk over. We are sat in a bland business suite, watching Steve play out tactical football formations on a table with a cookie, some cups and a sugar shaker. He clearly still lives for football, so we want to know what he would do to make the Beautiful Game that bit more beautiful.

GIVE FOOTBALL BACK TO THE FANS

Steve was born an Everton fan. For him, growing up in Liverpool in the 1980s, supporting his local team was easy. "I remember going to Everton as a lad," he recalls. "I was a junior Evertonian and there was a turnstile for under-16s to go through. We had a little pass and it was £1.50 to get into the game. It was very accessible to go in those days. Not now. Now, being a true fan is next to impossible." The problem? Corporate greed.

"The kind of money clubs are getting from TV and sponsorship deals nowadays is phenomenal," he goes on. "Unfortunately, that has not brought ticket prices down. Instead, a family trip to Arsenal or Chelsea in London – when you take in to account the tickets, travel and food – will cost more than your average working-class dad will earn in a week. So fans are turning their backs on matches. The question we need

REIGN IN PLAYER WAGES

to be asking is, where's that money going? Straight into players' pockets, presumably." The was once a time – a simpler time – when footballers were people too. They didn't drive army camouflage-coated Bentleys, shoot interns with air-guns or take selfies while wiping their arses with cash. No, they drank pints and ate pies and cycled to work.

"I think in a lot of areas players are being paid too much money," says Steve. "Some earn so much that they've lost the hunger – they don't actually need to play to enjoy a good lifestyle. At 16, you shouldn't have a nice car and a nice apartment – you should be desperate to get that car or apartment ... and be prepared to work for it."

When Steve joined Liverpool as a fresh-faced 15-year-old, his first job of the day was to clean John Barnes' muddy boots – a task, he says, that made him the man he is today.

"I was paid £27.35 a week to clean Barnsey's boots, pump up balls, wash

smelly kits and clean the Kop every morning," he says. "I'm not going to lie, at the time I thought it was rubbish. But I look back on it now with nostalgia. I spoke to John every day, he'd say, 'Get me this, get me that'. I was servant to the best player in the country."

By 17, Steve was training with the first team, in the shadows of stars like Barnes, Alan Hansen and Peter Beardsley. "I was desperate to learn everything I could, watching players of my position in training, sitting on the players' bus listening. Things are different now. Some of these kids are on so much money now, they think they're kings of the world."

STOP THE PRESS. NO, REALLY. STOP THEM

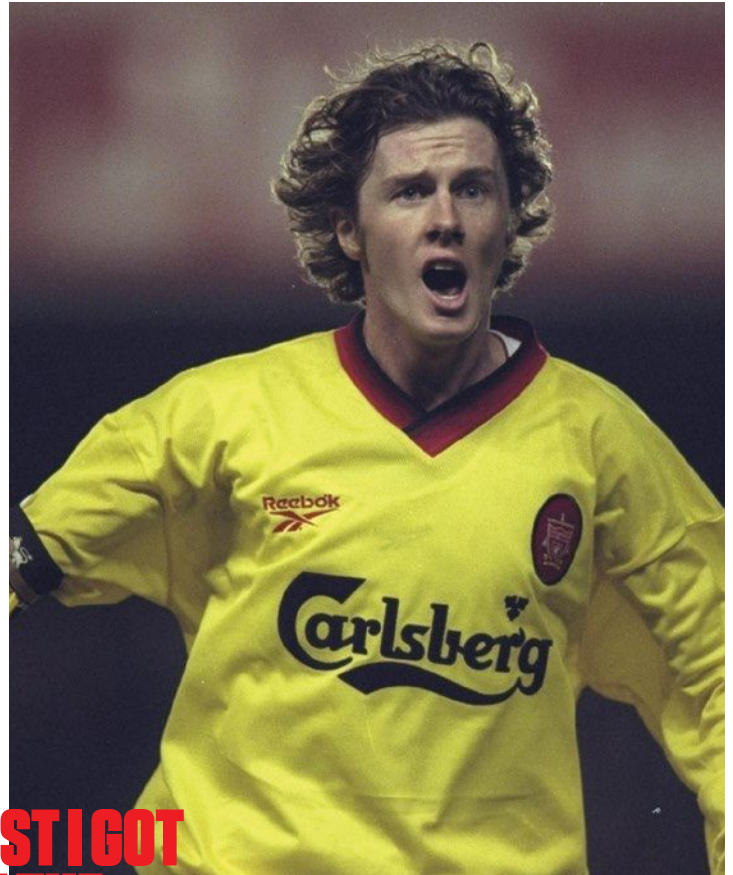
We cannot hold our tongue. Wasn't Steve himself one of Liverpool FC's infamous "Spice Boys" – a group of fashionable young players, including Robbie Fowler and Jamie Redknapp, famed as much for "booze, birds and BMWs" as they were for football? At the time, he was even managed by Spice Girls guru Simon Fuller.

"The whole Spice Boys thing was whipped up by the press and wasn't anything like as bad as it seemed," he protests. "There was all this talk of hard partying in London but I never did that – I used to stay up north all the time."

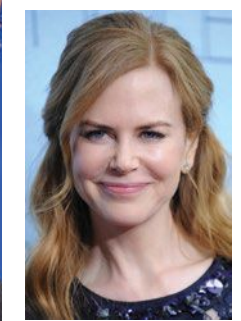
Then there were those cream morning suits that made the team look more like bouncers at a Christian nightclub than elite sportsmen (he agrees they were "atrocious"). And what about the now-infamous "Dentist's Chair" drinking binge, in which a handful of England players, including Steve and Paul Gascoigne, were photographed guzzling booze in a Hong Kong bar ahead of Euro '96.

"The pictures were absolutely appalling," he concedes, "but the saddest thing about it was that I was stone cold sober. I think we were out celebrating Gazza's birthday and, you know... something stupid happened. I think I did get in the dentist chair but for about two seconds." Cue calls for fines, sackings and puce-faced indignation as the right-wing press plunged face-down into a puddle of its own outrage.

"The papers had a field day over that," he recalls. "I came back from that trip and was blamed for wrecking one of the plane seats... which I didn't do. We made an effort not to talk to the press after that." Steve doesn't give many interviews – even now he no longer plays. He feels burned by headline-hungry hacks who he reckons have ruined sports news for everyone.



**"THE WORST I GOT
FROM THE
SPANISH PRESS
WAS BEING
COMPARED TO
NICOLE KIDMAN"**





"SOME OF THESE KIDS ARE ON SO MUCH MONEY NOW, THEY THINK THEY'RE KINGS OF THE WORLD"

Indeed, the move turned out to be the best of his career. "My decision to go to Spain was simple," he says. "I wanted to play Champions League football and in those days, only the top teams from each league got in."

Within a year, he realised that dream, becoming the first English player to win the tournament with a foreign club. It was in the 67th

minute of that game that he scored that outside-of-the-boot volley that every "Madridista" remembers but him. Two years later, he won it with Real again. Over four years in Spain, he also won La Liga twice, making him the most decorated English footballer to have played abroad, with UEFA itself stating that "of all England's footballing exports in the modern era, none was as successful as McManaman."

With more players than ever moving overseas to taste the foreign game – most recently Frank Lampard to New York City FC, Ashley Cole to Roma and, of course, Gareth Bale to Real – Steve is keen to laud the benefits of a broader playing horizon for English footballers.

"Every player should play abroad if they can, so long as their family circumstances don't get in the way," he says. "I loved everything about Spain – the way of life, eating late, the siestas, learning the language – it suited me down to the ground. Not only that but I had the opportunity to play with some of the best players of all time, such as Zidane, Figo, Raúl and Ronaldo."

Though, it did at times, he explains, feel like a travelling circus. "We must have visited a trillion countries on the pre-season tours, hardly ever training, just waving and smiling and signing autographs like Mickey Mouse and Friends," he says. "But that's the business of modern-day football I suppose."



TACKLE DIVING ONCE AND FOR ALL, WITH TWO FEET

It was also in Spain that Steve learned the ugly side of football. "Diving has infected the game in some parts of the world and it needs to be stopped – I hate it, you hate it, she hates it, he hates it," Steve rants, jabbing his finger at a couple walking past the window outside. "I don't think it's so

"Back in my day, you'd see a journalist in a bar, he'd buy you a beer, you'd have a moan, he'd have a moan and you knew it would all be fine. There was a mutual trust. But the chase for the headline's got to the point where you'd pick up the paper the next day and it's completely not what you said."

He gets increasingly animated. "The British press always want action; they want a player dropped, they want a manager sacked. It just festers and I'm sick of it. So now nobody speaks to anybody anymore – that's why interviews you read today are so mundane and boring. You'd might as well not bother interviewing players at all anymore."



MORE PLAYERS SHOULD PLAY ABROAD

Steve suffered no such negative exposure in the Spanish press after he signed for Real Madrid in 1999 on a free transfer from Liverpool. On the contrary, the media there loved him and took every opportunity it could to put his name in print, whether he scored a goal or had a haircut.

"The worst I got from the Spanish press was being compared to Nicole Kidman which didn't bother me at all," he laughs. "She is a very beautiful woman."

bad in England. Yes it happens, but when it does, you are instantly vilified when you do it – look at Ashley Young, Cristiano Ronaldo, Gareth Bale. But in Spain they are given the slightest touch and they fall over. It's cheating and it's embarrassing. If I were a manager I wouldn't have it in my team."

LET MANAGERS MANAGE

The football manager was once a terrifying bastard; an ironman of the dugout who stood on the touchlines bellowing, spitting and casting fear into the hearts of players and fans alike. He didn't just command respect, he personified it. Then something strange happened with the birth of the Premier League. He became a figure of public scrutiny; a chew toy for a ravenous press pack forced to squeak with every squeeze. Now his job seems more of a televised public performance and his social life one endless press conference of excuses.

"I often think to myself, it's a strange old time in football at the minute," says Steve. "The pressure on managers is complete nonsense, utter madness. You used to get more time. But nowadays you lose a few games and there's a chance you are going to get sacked. Banners in the crowd, papers calling for your head. I don't like it. It's disrespectful. And it's happening too often. I used to want to be a manager when my playing career ended. Now, I wouldn't do it for all the money in the Premier League, let alone the world." Suddenly Steve looks at his watch. "Is that the time?" he cries. "I've got to go and pick up the kids. The wife's away and I'm on school run duty. I've got a carol concert to go to in an hour. And then I've got to get back, bath the other kids and put them to bed."

As he stands up and dusts down his suit, we wonder if he tells his children of his career and his travels. We wonder if they are impressed with what he's achieved.

"Noooooooo!" he snorts. "My kids are eight, five and two. They're still young. I actually had them when I stopped playing football so they don't remember me as footballer. But I'm not that bothered to be honest. I have to go."

Well, your kids may not remember your playing days, Macca, and nor may you; but we do, whether you like it or not. **FHM**

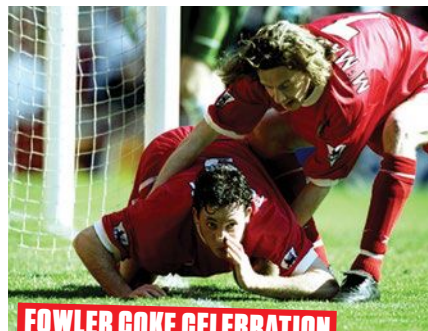
Check out BT Sport for top football action including Barclays Premier League, FA Cup, UEFA Europa League, Italy's Serie A, Germany's Bundesliga and more

MACCA'S LIFE IN PIGS

Sure, we've found out he has a terrible memory, but hopefully these photos from the past will help...



"That was when I was a baby in '95, that was. We'd just won the League Cup at Wembley. We won 2-1 and I scored them both. So it was really important to have scored twice at Wembley. And in my right hand is the Man of the Match trophy. That was a great day."



"Robbie had got a lot of stick from the press for his alleged partying and decided to simulate snorting the touchline. He regrets it. It was silly. I picked him up because I could see what he was doing was wrong. He got fined thousands of pounds. He'd taken so much abuse that day, I think he snapped."



DENTIST'S CHAIR

"Gazza had just scored a wonder goal against Scotland in Euro '96 and clearly wanted to wind the press up a bit more after they mauled us for the dentist chair pictures in Hong Kong a few weeks earlier. Of course, you're supposed to have three bottles, which is why Teddy Sheringham and Gary Neville all joined in. We could only find one water bottle. Still, we thought it was funny at the time."



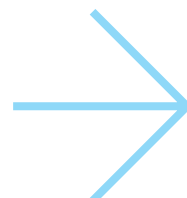
"Have I got chewing gum in my mouth there? Honestly. Don't know where I got that from. But I look happy. In fact, I do remember feeling happy after the game. I'd just won the Champion's League for crying out loud. I was showing off my medal saying 'Look at what I've just won'."



"There's Nicolas Anelka getting out of the way, there. And look at the right angle of my leg [laughs]. What tekkers! It was a really nice goal, actually. It wasn't the greatest goal I ever scored, although it was pretty good, but it was certainly the most important."

'HOW TO' GUIDE TO SURVIVE SUMMER!

Summers are pain in the ass. If you are one of them who don't like to go out and face the Sun, FHM lists the best of tips to get through the scorching heat. From home-made cocktails to best hairdos, get to know all of them and survive, in style!



Words: Sudhakar Jha

No.
01



'HOW TO' MIX UP YOUR COCKTAIL

A) Watermelon tequila cocktail: Mix up your silver tequila with watermelon, sugar syrup, blueberries, mint, fresh lime soda with the juice of seedless watermelon chunks.

B) Tabernacle Crush: In a tall glass, muddle peach with 6 basil leaves and lemon juice. Add gin, Lillet and Simple Syrup. Add ice cubes and top with club soda. Garnish with basil.



C) Sunset Punch: In a punch bowl, combine bourbon, vermouth, lemon juice and syrup. Add ginger beer and lemon slices and serve over ice.



D) Silver Monk: In a cocktail shaker, muddle cucumber slices with 7 mint leaves, salt and Simple Syrup. Add ice and tequila, Chartreuse and lime juice and shake well. Fine-strain into a chilled coupe and garnish with cucumber spear and remaining mint leaf.



E) Red Head In Bed: In a bowl, toss strawberries with sugar and let stand, stirring occasionally, until the strawberries release their juices, for about 10 minutes. In a blender, combine half each of the strawberries and their juices, vodka and lime juice with 1 cup of ice and purée. Pour into a pitcher. Repeat with the remaining strawberries and juices, vodka and lime juice and 1 more cup of ice. Fill 10 collins glasses halfway with ice. Pour the cocktail into the glasses, top each with about 1/2 tablespoon of Riesling and serve.



No. 02

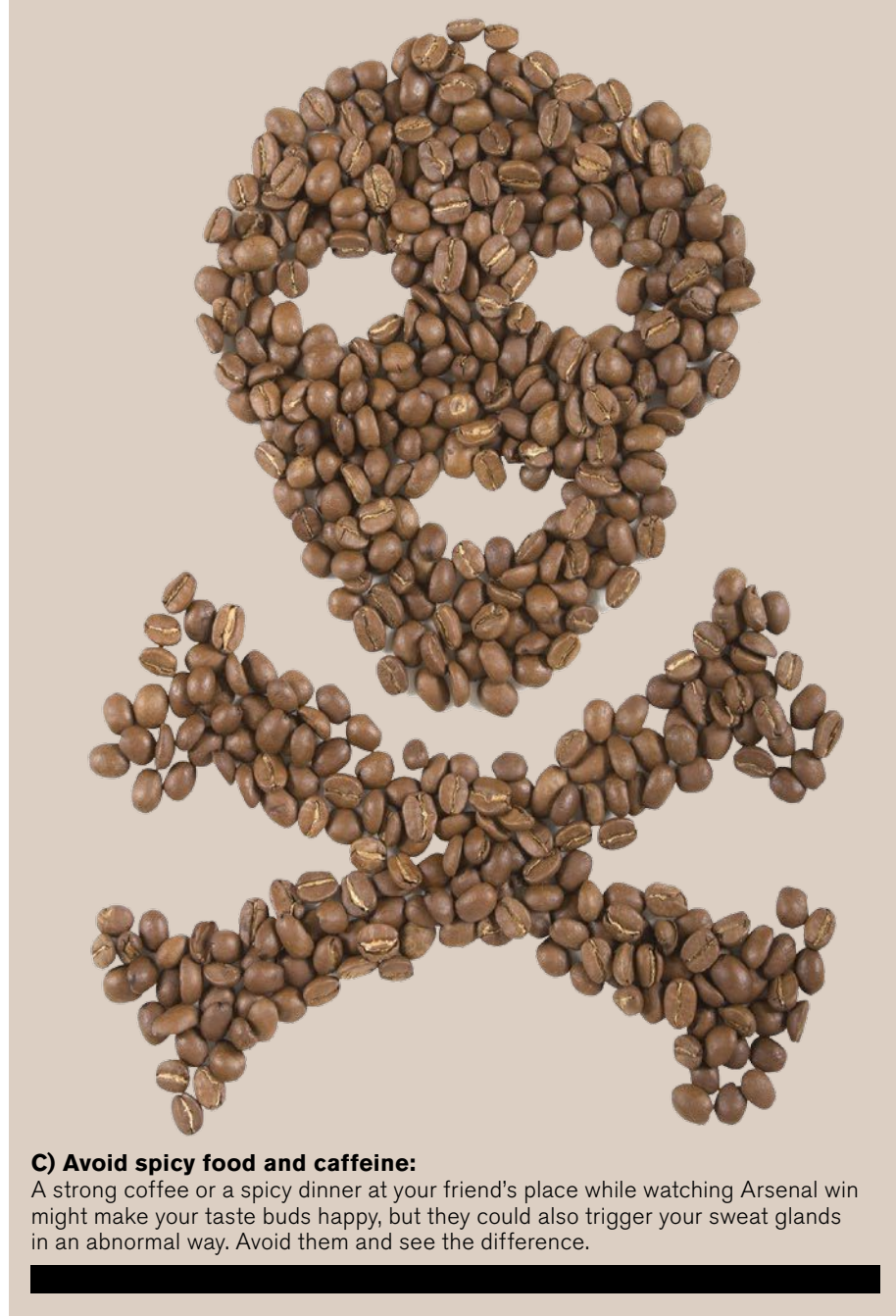
'HOW TO' NOT SWEAT LIKE A PIG

Be it your underarms, palms or feet, they all drip the salty water from your body which doesn't help your cause of staying cool in the summers. If you are getting soaked, even when sitting idle, do these things and thank us later!

A) Swipe on antiperspirant: Sweat production is at its lowest in the night, giving the active ingredients in antiperspirants to get into your pores and block perspiration in the day. So, swipe on that anti-body odour in the day and save yourself the horror!



B) Get extra strength: Clinical strength antiperspirants are more effective in preventing the sweat because they have higher concentration of active ingredients. You can get clinical strength formulas of your brands at the store without any medical prescription.



C) Avoid spicy food and caffeine:

A strong coffee or a spicy dinner at your friend's place while watching Arsenal win might make your taste buds happy, but they could also trigger your sweat glands in an abnormal way. Avoid them and see the difference.

D) Consider surgical options: This may not please most of you, but if the floodgates aren't stopping, think about Botox injections. Another treatment is MiraDry procedure which eliminates the sweat glands safely and you can see lasting effect of it!



E) Cut down on anxiety: Besides outdoor activities or a workout session, emotions too can make you sweat. Job interviews, blind dates and your team losing a match are enough reasons. Deep breathing will help you calm down and can certainly get you relaxed.



No.
03

'HOW TO' GET YOUR BAG BEACH READY!

If you're lucky enough to live near the sea or are planning a trip down south with friends, here are the things to get your bag beach ready which will make you look hotter than the scorching Sun or hotties in a thong bikini - ok, not the latter maybe.



A) Swimming trunks:

Summers are all about flashy colours and bright prints. So, forget your normal blue and black pair and go for the pair patterns and colours you would normally go out in.



B) T-shirt:

Now that shorts are done, tees with cut-off sleeves are a must. A retro-inspired design or even drawstring at neckline are great to pack. Muscle t-shirts are also in as those who have bulging forearms and beefcake biceps wouldn't mind show off.



C) Sandals:

Backless loafers and plastic or rubber flipflops are the perfect solution. Skip the velcro-strapped sandals and stick to thongs and flip flops. PERIOD!



D) Sunglasses:

Aviator, rimless, oversized, shields and wraparounds. There are so many of them. If you're lying around soaking in the rays, then feel free to wear your aviator. But if you're engaging in more sporty activities like beach volleyball, you might want to opt for wraparounds or other sporty-looking shades.



E) Hat:

Whether you cover your head on the beach or on the way to and from it, it's important to protect your head from the sun's heat. But nobody said you can't do it in style. Fedora, baseball cap or the tomboy hat, wear one of them and walk as the king of the world.



No.
04

'HOW TO' LOOK COOL IN NEW HAIRDO

Long locks are never out of fashion but if you want to keep it stylish with shot hairdos, go for one of them and you won't regret the barber chopping your locks down.



A) Worn down: One of the ever charming hairstyles is softer hair worn down. It's a departure from the slicked looks and the same haircut can be styled both ways. If your hair doesn't sit right, blow dry it and use your fingers or a comb.



B) Slick: Slick looks are still in style for summer but keep the form and leave behind the slick. Coif hair with a matte products to get all the height and hold of a slick pomade without the appearance of any hair gel.



C) Long hair on top: Combine comfort with style by wearing hair long on top with short back and sides. The cut is a low maintenance and trending hairstyle that looks good with and without gel.



D) Undercut: The undercut is one of the obvious choices for summer. It is not just shaved hair around the sides and back with all the length on the top. Start the undercut lower and let it fade into the skin. Or get the shave done just above the ear.



E) Mohawk: Another all time favourite hairdo is mohawk. From footballers to cricketers, everyone has been trying it, so why not you! Shave both the sides of your head and leave a strip of hair in the centre.

No.
05

'HOW TO' DRESS UP

The time has come to pack all your winter wear and get those tees ready for the summer.

A) T-SHIRT

Some like their t-shirts to be intricate but tees call for simple graphics. Don't go for light colours. Sun is bright and so should be your tee!



B) SUIT

On a hot boiling day, the last thing you want is to sweat like a pig in a heavy suit. So, go for linen, cotton or lightweight wool mixes this summer for parties and office and keep cool!

C) WEAR SOCKS OR TRY FLIP-FLOPS

If you wear socks, cotton-linen and cotton-silk blends are best for preventing odour. Flip flops are the go-to shoes in summers, carry them anywhere and everywhere. But beware, they belong to parties and beaches, and that's about it. A boat shoe, low-top sneakers and desert boots are an option too. Don't be an offender this summer!

D) FESTIVE SWIMWEAR

There is no shame in wearing bright and bold prints as they are the best way to catch a woman's eye. Or when struck in tide, a lifeguard's eye.



E) AVIATOR SUNGLASSES



New styles have come and gone since ages but nothing can beat the classic aviator for the sheer and effortless cool. But don't wear them when in shade already. Show-off ain't cool!

No.
06

'HOW TO' GET YOUR BODY IN SHAPE

It is not about how many push-ups you can do. Or how long can you hold on to the plank. Or even better, how many kilometres you run on treadmills! When summer gets high, even the best of physiqes get out of shape!



A) STRETCH:

It is important to develop a stretch routine this summer. As we age, the elasticity of our muscles decreases and overworking muscles lead to pain and injury. As you take the Sun god on, do devote 10 mins of your day to stretching.

B) Breakfast like a king, dinner like a beggar:

If you are trying to slim down, consume those calories before 3 PM. Keep your dinner light, yeah we know this has been said a million times. But we Indians don't agree much. Now is the time to do it though.

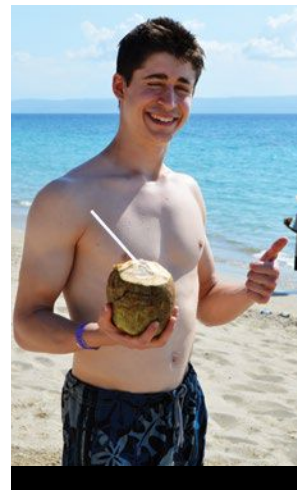


C) Exercise. But not more than 30 mins:

Aim for only a 30 mins training session every day. Working out for hours isn't gonna get you slim in 2 days. Take it easy and let the nature take its course of action. A study proves that exercising less makes for more movement throughout the day.



D) Avoid high cal, hydrate more: Skip as much of high calorie diet and baked goods as you can. Try and sip more of juices. Carrot and beetroot provide the natural SPF against sun. Your mom must have told you this a thousand of times, when will you start listening?



E) Flavour your ice tray:

Make fruit ice cubes for your water to help you not only lose weight, but improve digestion as well. Drop a raspberry, blueberry, or small slice of strawberry into each ice cube tray after you fill them with water. Freeze, and then use ice cubes in your glasses of water throughout the day.



upgrades

A VERY SMART CAR

Renault's new Twingo has a lot more in common with a Porsche 911 than you might think. Let us explain...



There are some chaps who love cars and some that don't give a monkey's. If you have petrol running

through your veins then you'll make sure you have the biggest, baddest motor you can squeeze out of Auto Trader. If you don't, then you'll simply want the best car for your money; the most agile car you can get, but with style. And if that sounds like you, then Renault's new Twingo is the super-smart answer to all of your new-car needs.

There's a whole bucket of cleverness poured into this car. It might be city-car small but it's a proper four-door, so your mates aren't crawling over seats to get in the back. The engine is in the same place as a high-end sports car and it's all Tardis-massive inside. In fact, forget the

modern BMW motor of the same name – this is the real successor to the original Mini. But can it pass the *FHM* fun test?

THE BIG QUESTIONS

This looks nothing like a Twingo...

Well, the Twingo started out years ago as Renault's super stripped-back budget car with just the basics left (like a Clio that'd spent too long parked outside a flat-roofed pub). This new one piles on all the tricks you'd expect from a modern motor.

I'm confused; does this car look girly or not?

Good question. There's more than a hint of the Fiat 500 cute-mobile about it, but the fact that it stands quite high and has simple bubble lines and a bluff nose makes it look like a mini Audi SUV to

us. The car pictured above has the Sport Pack which adds bold alloys, stripes and other exterior touches.

Explain the Porsche thing then...

Like the Porsche 911, the Twingo's engine is at the back of the car over the rear wheels rather than at the front under the bonnet. This is mental. It's the first time a car manufacturer has tried this for a small car in about 40 years.

Why on Earth would you want the engine at the back?

No engine at the front means you can drop the nose of the car so you can see the road better. And because the front wheels don't have to fit around the engine, they give the Twingo a city-friendly turning circle that's nothing short of freakishly tiny.



RENAULT TWINGO

PRICE: ₹10,77,169

LIKELY REPAYMENTS:

₹12,855 for 48 months

with ₹1,79,893 deposit

ENGINE: Three cylinder,

rear-mounted with
turbo-charged petrol

POWER: 90bhp

0-62MPH: 10.8sec

TOP SPEED: 103mph

ECONOMY: 65.7mpg

01

POLE POSITION

The engine at the rear of the car makes the Twingo agile and spacious without being too big.

02

THRICE THE POWER

The compact three-cylinder petrol engines deliver punchy yet thrifty performance.

03

TAKE A LOAD OFF

With a folding front passenger seat and folding rear seats, the Twingo has an impressive 2.30m loading length.

04

SAFE AS HOUSES

Safety is paramount with the Twingo. It has front and side airbags, tyre pressure alerts, and child-seat attachments.

WHY DOES ENGINE POSITION MATTER?

You might not think it, but whether the car's ticker is under the hood or in the boot really does make a difference to your driving experience...



BMW M3 FRONT-ENGINE

Where you expect the engine to be. It's usually here so that the engine weight is over the wheels that are steering so they get more grip. It's cheaper to drive the front two wheels from here, but far better to drive the rear wheels to push you along and get a better driving feel.



Lamborghini Aventador MID-ENGINE

Technically the perfect place for the engine – with *you* in the middle of the car. It centres the weight so the motor can pivot around it. You also get the noise right behind you. Most high-end sports cars go with this set-up because it just feels so good.



Porsche 911 REAR-ENGINE

This positioning is rare now because it adds a lot of weight to the back wheels, making the tail on longer cars swing out when going around corners. The Porsche 911 has always had this layout, but Renault's Twingo is bringing back this rear-engine design for the smaller, more nimble motors.

Does the rear engine make the handling any better?

No, but that's not the point. There's an undeniable sports-car thrill to have an engine behind you, roaring and pushing you along. That, combined with the pin-sharp steering, makes for a responsive and intuitive driving package. While it's not high-powered, *FHM* pushed this car hard over country roads and it always raised a smile.

Is the boot filled with hot oil then?

Nope. The engine is so small it can fit under the boot floor. That still leaves you with storage space plus a bit extra under the rear seats. Enough for day to day or a weekend away.

Is it all plastic furnishings inside?

Absolutely not. The inside is one of the Twingo's party tricks. There are bold clean shapes, great textures, loads of storage, a

digital read-out on a massive speedometer, and more space than you'd ever think in a car of this size. The seats look like 21st-century racing seats, too. *FHM*'s car had the £850 extra 'Sport Pack' which dials the interior up to 11 with red and black all over the place, plus the £600 'Techno Pack' which gives you a brilliant touchscreen with navigation, DAB radio and rear camera. Both are great value; however, there's no rev counter, which is a big no-no in our book.

Do I want one?

Definitely. If you're looking for smarts rather than tyre marks then this is a brilliant choice. It's got tons of personality and it's put together in a way that makes it feel like you've got twice as much room inside. Top work, Renault. Now just bring us the hotter hatch version and everybody will be happy.

Sleep like a log

Spend less time locked in mortal combat with your pillow and more of it in snooze town...



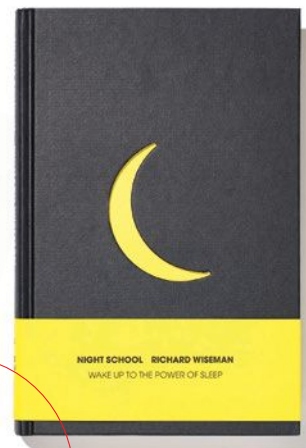
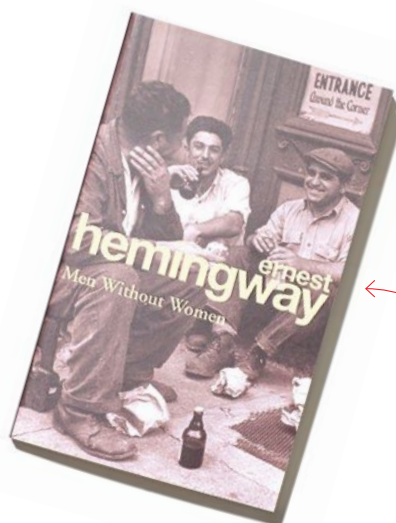
Professor Adrian J Williams is a founding member of The British Sleep Foundation and a consultant at The London

Sleep Centre, Harley Street. He has been studying sleep for more than 40 years and literally knows more about dozing than you could ever dream of...



Hot water bottle, ₹460, Sainsbury's

Flip alarm clock by Lexon, ₹2,695, ARIAShop.co.uk



Instead of going for a serious page turner, try reading short stories such as Ernest Hemingway's Men Without Women (₹561, amazon.co.uk)

02

THERE'S NO MAGIC NUMBER

"It's a myth that everybody should have nine hours of sleep every night. The truth is that that's an average across society: 50% of people may need more and 50% of people may need less. So the actual range is between four and 10 hours, depending on the person. If you feel great after just four hours' sleep, then that's probably all that you need..."

01

YOU'RE PROBABLY AN INSOMNIAC

"If you're having trouble falling asleep, staying asleep or waking up and still feeling tired, then that's insomnia. Obviously it's quite subjective, but if this is happening four or more nights a week, then you could be an insomniac. Around one in 10 people suffer from the condition and might not even realise. Bad sleep leaves you feeling fatigued and can affect cognition throughout the day."

03

NOD OFF WITH YOUR NOSE IN A BOOK

"We live in a 24/7 society where people are constantly exposed to too much light in the evenings from things like computers and smartphones. Using brightly lit objects such as these can delay your body clock. If you find reading helps you relax before bed, try picking up a real book instead of getting out your iPad or Kindle."

04

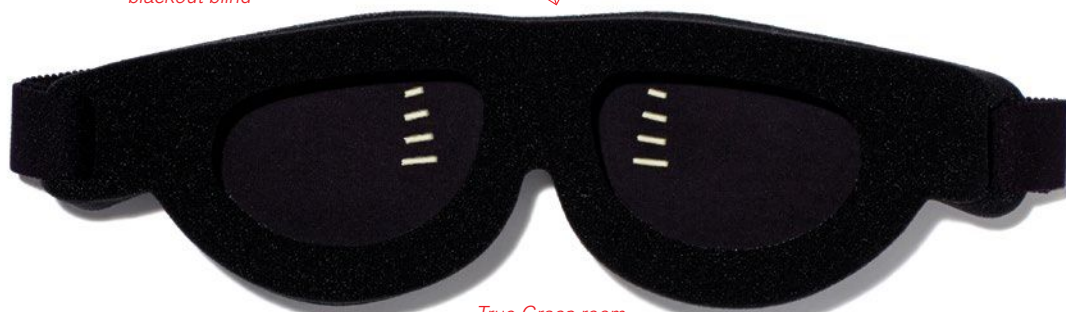
TURN OFF YOUR BLUE LIGHT

"Light exposure automatically switches off your melatonin secretion, which is the substance that you make at night to help you sleep. Blue light is the main stimulus of the body clock. We often prescribe blue-light treatment in the mornings to shift the body clock. But if you're exposed to blue light in the evening, it will delay it. You can actually get apps now that block out blue light so it affects you less in the evening."

Boon Glo night light, ₹5,575, firebox.co.uk



Block out all the light with a sleep mask (₹2,790, amazon.co.uk) or a blackout blind



True Grace room freshener, ₹3,060, ARIAShop.co.uk

06

EXERCISE WON'T WIPE YOU OUT

"You might think an evening gym session will burn off lots of energy and wipe you out for a good night's sleep, but it actually does the opposite. It raises your body temperature, which can throw your body clock, and also generates adrenaline, which will disturb your sleep. Keep your exercises to the morning or late afternoon so you can read just before bed."

05

SEX AND SNOOZE

"Too many people fill their bedroom with technology such as televisions and computers, or they keep their smartphone at a constant arm's length. Using your bedroom for things other than sleep and sex distorts the idea of what the bedroom is for, and that hampers your ability to get into the right mindset for sleep."

07

SLEEP WHEN YOU'RE TIRED

"Obviously it's not always realistic, but you should only go to bed when you're tired and make sure that you wake at a regular time. Most insomniacs spend too much time in bed: they try to sleep when they're not tired and just end up lying there. Go to bed when you're sleepy. If you're awake tossing and turning, you shouldn't be in bed. Get up and be productive."



Get yourself a comfy pillow to catch those 40 winks (ARIAShop.co.uk)

Lamp, ₹10,920, ARIAShop.co.uk



Be a genius: sleep like one of the greats...



Winston Churchill
Britain's war-winning PM hit the hay at 5pm every day for a two-hour nap, claiming it allowed him to get 1.5 days' work done in just 24 hours.



Salvador Dalí
The artist encouraged sleep-deprived creativity by snoozing with a heavy metal key in his hand, which when dropped, would wake him up.



Leonardo da Vinci
Artist, scientist and inventor da Vinci maintained his productivity by sleeping for 20 minutes every four hours.



Charles Dickens
This author carried a compass to ensure he both wrote and slept while facing north. It didn't cure his insomnia though...

**FHM takes no responsibility for injuries caused by sleeping like a lunatic.*

CAN I ROCK A TRICKY TREND?

There's a fine line between fearless fashion pioneer and accidental laughing stock. Tread carefully with these hard-to-pull-off looks...

DON'T LET YOUR JEWELLERY WEIGH YOU DOWN

If you're struggling to lift your arms then you're probably wearing too much bling. Saying that, a few well-chosen accessories can go a long way. Try simple sterling silver jewellery like a band ring to give a rockier edge to your denim combo look.

DON'T BE A DOUBLE DENIM DOUGHNUT

Avoid the Shakin' Stevens vibe by separating your top and bottom denims with different shades. Opt for a dark, heavy set of selvedge jeans, teamed up with a pale indigo thin denim shirt.

SAY NO TO SNAKESKIN

Justin Timberlake has never lived down his 2001 cowboy boots and double denim outfit. Stick to quality leather trainers with a white sole; it's the perfect balance between casual sneakers and a smart shoe.

FLIP YOUR LID

Push the boat out with a 5 panel snapback in simple colours. You best think seriously about flipping it backwards if you're over 30 though (Fred Durst, take note).

CONCENTRATE ON THE FINER DETAILS

Huge ornate embroidery is a no-no, but little details like badges or a pocket patch break up a look. You'll be looking like a dapper *This Is England* extra in no time.

Hat, ₹1,860, [rascals.dk](#).
Shirt, ₹6,040, [Elvine at terracemenswear.co.uk](#).
Jeans, ₹5,110, [Element at routeone.co.uk](#).
Shoes, ₹10,220, [Filling Pieces at oki-ni.com](#)

GET THE BASICS RIGHT



CORDUROY

Do: Swap your everyday jeans for this old-school classic. Wear with an oversized tee, skate shoes and a beanie, and you've got yourself a winning weekend outfit.

Don't: Wear with moccasins, unless you're trying to blag a bus pass or senior discount at the cinema.

RED CORDS, ₹5,090, CHEAPMONDAY.COM. BEIGE CORDS, ₹7,865, DOCKERS.COM. BLUE CORDS, ₹5,090, HOWICK AT HOUSEOFFRASER.CO.UK. GREEN CORDS, ₹4,210, WEARETUKTUK.COM



CARDIGANS

Do: Slip a stylish cardie over a plain white tee or polo shirt. This sharp mod look is one that nobody is going to object to.

Don't: Wear it with a white shirt and black tie. You are not some cheesy American dad. (If you are, apologies. Keep rocking that look.)

(L-R CLOCKWISE): ₹10,180, ORIGINALPENGUIN.CO.UK; ₹8,240, PEREGRINECLOTHING.CO.UK; ₹8,795, TEDBAKER.COM; ₹149, UNIVERSALWORKS.CO.UK

SNAPBACKS

Do: Add a 5 panel cap to a smart outfit. Combined with an Oxford button-down shirt and slim chinos, this is definitely a strong look.

Don't: Wear it resting on the crown of your noggin. It didn't work for boy bands circa 2010, so it certainly won't work now.

(L-R CLOCKWISE): ₹2,315, 47BRAND.CO.UK; ₹2,590, NEWERACAP.CO.UK; ₹2,775, KNOWNWORLDWIDE.COM; ₹1,480, JAMAL EDWARDS X AMERICAN FRESHMAN AT TOPMAN.COM



JEWELLERY

Do: Venture outside your comfort zone with a signet ring. If it was good enough for Frank Sinatra, it's good enough for you. Team it with a flat cap and braces, *Peaky Blinders*-style, if you've got serious balls.

Don't: Go over the top with the chains. Layering a few thick necklaces like Johnny Depp looks OK, but go easy with the pirate memorabilia.

(L-R): BRASS BRACELET, ₹785, TOPMAN.COM. SILVER BRACELET, ₹565, RIVERISLAND.COM. SILVER CHAIN, ₹925, CHEAP MONDAY AT URBANOUTFITTERS.COM. GOLD PENDANT, ₹925, TOPMAN.COM. SIGNET RINGS (L-R CLOCKWISE): ₹740, ASOS.COM; ₹925, ASOS.COM; ₹8,260, SERGEDENIMES.COM; ₹460, RIVERISLAND.COM. SILVER PENDANT, ₹13,890, SERGEDENIMES.COM. BRACELETS, ₹7,870 EACH, CHLOBO.CO.UK

6

FASHION
CRIMES
TO AVOID FOR
LIFE...

LEATHER SHORTS

Admit it: you can't even read the words without thinking of sweaty balls.

ALICE BANDS

David Beckham couldn't pull these off, so neither can you.

No matter how long and in-your-eyes your hair is.



DROP-CROTCH TROUSERS

If you can fit a small dog in your gusset with ease, your trousers are too baggy goddamn it.



WOMEN'S PANTIES

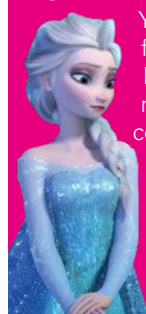
OK, if you must. Just don't let the little bow ride above your jeans like last time.



RAT'S TAIL

Conjures up images of dodgy car dealers, sewer dwelling rodents and worse still: Ewan McGregor in *Star Wars: Episode 1*.

DISNEY FROZEN T-SHIRT



You might be a fan of the film, but no man ever needs to be complimented on their style choice by a 9-year-old girl.

style news

04/15



CASUALS

#THROWBACK THURSDAYS

...Or any day of the week for that matter. You don't need a hashtag as an excuse to get yourself kitted out in retro-inspired sportswear; this is a trend that's going from strength to strength and one we thoroughly approve of. Ellesse and Umbro have some new gear out for spring/summer but we're most excited about Scott's exclusive drop of a fresh Fila collection. The high-street store has got its

stylish mitts on some of the brand's classic pieces, from towelling tops to short shorts. Pair with a bucket hat and some Happy Mondays on your Walkman (OK, iPhone) and you'll be Bez-dancing to the shops quicker than you can shake a maraca (that's probably one to Google if you were born this side of '94). *Top, ₹5,580; t-shirt, ₹2,325; shorts, ₹3,720, all Fila at scottsmenswear.com*

A waxy texture:
classy and
bloody useful



INVEST

ON YOUR BIKE

MA.STRUM is fast becoming the must-have brand for any discerning bloke. This British specialist in technical apparel has come up trumps yet again, but this time with the nation's ever-growing number of cyclists in mind. The

MA.STRUM design team has made a high-tech jacket – to keep you dry and sweat-free – that's also good enough to wear on a date. You need never tell her your fluoro mountain bike is parked round the back. *Jacket, ₹27,885, mastrum.com*

UPGRADE

ZPUMP WITH REEBOK

Finally there's a shoe that fits your foot and not the other way round. This running footwear comes with a made to fit setting and adapts to you by customising itself to your foot's shape. Just give three to eight pumps till your shoe holds on to

your foot like second skin. The revolutionary air-filled cage wraps around the individual shapes and contours, giving the perfect grip, control and comfort as you run. *Reebok ZPump Fusion shoes, ₹14,999, all Reebok Fit Hub stores in India*



TIMEPIECES

CALL THE POLICE

That's exactly what we did, to congratulate the brand on its new collection of simple, classy wrist watches. We love the metallic faces, the choice of straps and the way they make our wrists 800% sexier.



₹7,340



₹7,340



₹15,708

all from
watchshop.com

upgrade

Micromax Yu Yureka

We got our hands on the new Micromax Yu Yureka after long. But it won't hamper your chances of buying this phablet.

Yu Televentura, the online-only sub-brand of Micromax has launched its first phone Yureka and I was not sure how to trust Micromax, till I used this phablet. Micromax phones are not known for their build quality but Yureka surprises with its surprisingly good features. The rear panel is an attempt to ape OnePlus' Sandstone finish cover which Yu fondly calls 'Moonstone Grey', and trust me, it looks better than the glossy plastic back, for sure. The Corning gorilla glass 3 ensures that there is no need of a protective cover but finger-print smudges need to be cleaned time and again! Despite being a 5.5 inch, the phone is very thin and lightweight.

Yureka offers 16 GB storage out of which 12.8 GB is available for use. Oh, wait, it can be expanded up to 32 GB via a microSD card. With its dual SIM, don't worry much about your other 'commitments'. It supports Cat4 4G LTE which will give lightning fast internet speed. But we have to wait for 4G to come full throttle in India. The touch is as smooth as it can get and doesn't lag when multi-tasking.

Our Verdict

Apart from some low-light camera working and a low-end battery, considering its HD display, the Yu Yureka is a good phone to have. Priced under Rs 10,000—Rs 8,999 to be precise, Yureka is an answer to your obsession for a high-end phone in low budget. Go for it; you won't regret it!

Micromax is ready to lead the Indian market with its new brand

OTHER SPECIFICATIONS OF THIS UNIQUE HANDSET

1 The special apps on the phone such as AudioFX leads to customisation of the audio output. The ScreenCast feature leads you to record the onscreen navigations with the recording registering where you touched the screen.

2 The Theme app on Yureka allows you to download individual aspects from multiple themes. It means that you can get a wallpaper from X theme and font from Y, thereby creating your own unique theme.

3 It comes with a 13MP rear camera and a whopping 5MP front camera for you to look good even when making a stupid puppyface!



ONE PLUS ONE

Yes, it's a bit too late for the review. But we were too busy admiring it!

There are high end smartphones with high end price and then there is The One from OnePlus! The Android smartphone powered by Cyanogen with Kitkat 4.4.2 is a 5.5 inch bolt. Having used the device, it is a rival to HTC One M8 and Samsung Galaxy S5 for its raw specs and that too for half the amount which players like HTC and Samsung are offering. The device is pleasurable, easy to use and hold despite having a big frame.

Made primarily of quality matte plastic shell that covers the back of the phone. And then there is a metal effect plastic rim that separates the front glass panel having the Corning Gorilla Glass 3. The phone is neither the thinnest and lightest big-screen phone but it feels good in hand. All in all, giving it a feel of Nexus 5 in some aspects.

The 1920 x 1080 full HD resolution in 5.5 inch feels good to watch videos, images and even browsing is fun. The 401ppi pixel density will defy anyone to call it anything but sharp. The default brightness seems a little weak and you will have to adjust the brightness accordingly.

Here's the real good news now; the spec is that of a 50k phone. You get a Qualcomm MSM8974AC Snapdragon 801, a quad-core Krait chip clocked at 2.5GHz with 64GB storage space. Woohoo, 64GB! It's paired with 3GB RAM, and graphics are taken care of with an Adreno 330 GPU. Oh, did we forget to tell you that the sim tray is a innovation here. The SIM card slot is designed to accommodate either a Micro-SIM or a Nano-SIM. You get two trays, each with a different sized cutout, and can use whichever one you need. We really wish more manufacturers would come up with the same idea.

The 3100 mAh battery meant that charger was not in the bag all the time. It lives long! It will degrade with time but worry not, you will get a new one any way. And now the camera! With 13MP Sony exmor camera with dual flash gives greater picture details even in low light. The secondary camera is of 5MP and clicking selfies is a good feeling too. With Cyanogen, themes can be downloaded and you can tweak with app icons, system fonts, wallpaper, lock screen and so on.

FHM'S Verdict: With the price it has set, this is a must buy for the genX. So many features can draw a hole in your pocket, but there is no way it has no lagging. We will find it in times to come. But for now, we are impressed!
Price : ₹21,999 (invite only)

Despite relaunching with a price hike, OnePlus One is a competition against some high-end phablets.



The Fast n Furious Life Of Ali Fazal

Cars and women have always the choice a man has to make as his first love. Ali Fazal is no different. His love lies in car-gasm.

Words: **Ali Fazal**



The first thing you notice about a woman is her eyes blah blah blah.... the first thing you notice is the voice driving the visual that's appealing and pleasing to the eye in question. See, women are a far older and far superior creation than cars - we've argued that since Christ knows how long and literally so ... Mary Magdalene, Martha Stewart, Mary Poppins, for god sakes, even Matilda were highly complicated super computers we can merely write and fantasize about. They held our damn societies together... leave them be. Quit trying to play them out. But hey, then came this dude, some junky along the way, and he said let there be

circles and let there be tyres and let there be momentum. And from then on, somewhere up until now, man was gifted this personalized guide - a guide to make you feel wanted, hunted and superior on all carnal levels possible. He was put inside the evolutionary oven of momentum and out came the Ferraris, the Lamborghinis, the Maseratis, the Spartans... the whole nine ... like some gag reflex waiting to burst itself out. Yes I am talking pure raw metal, horse powering, gigantic, tool wrenching enigma of the automobile industry that stormed into our lives not very long ago and this Viagra is not wearing out too soon boyo!

You work hard, you pay good money - we give you adrenaline in 15 different gear shifts. We give you state of the art, in your face super cars that will dazzle your life the way you know it. So come on, who wouldn't want a piece of that? And so the term men and cars because, well, because cars we can customise. They give you back the mileage you want to rely on and blame the price hike on the government ... rest is yours to flaunt. I drove an Audi R8, at a rally once, and I remember thinking, why would someone want to own a car he or she can barely drive in our traffic infested cities? And I remember a few years later, having the same conversation with Kurt Russel on

GET THE TYRES THAT YOUR SPORTS CAR DESERVES

Your tyres are the only things that are keeping yourself and a ton of metal on the road. Fear not; here's your essential guide buying the best...

We spoke to Peter McNally, general manager at the Cooper Tire Euro Technical Centre to get the inside loop.

LIFE IN THE FAST LANE

If you're going for a sporty motor, you need a versatile tyre for all conditions. "An Ultra High Performance tyre such as a Cooper CS Sport or Avon ZZ5 will give a sports car the traction it needs whether it's wet or dry," says Peter.

ACE THE BENDS

This will mean that you can take the kind of high-octane corners the car was made for. "UHP tyres tend to be larger diameter," explains our expert. "They're fitted to 18, 19 and 20 inch rims and are lower profile. This will sharpen up your steering and help handling performance as the tyre will be stiffer."

GET A GRIP

Finally, make sure you're rain ready so you don't cause yourself a mischief. "Tyres are labelled showing how good they are for wet grip and with a sports car you want to go with a good wet grip grade – which is A or B."



the sets of Furious 7, legend in his own... he said, "its your damn right to... you can, if you can, because you're in question with the universe then. So shut up and drive bud." Why this occurs to me at this point, is not in point, but yes, what I want to say is that, its 2015... We are well into our millennium and speed is what we are pretty much left with, because the choices have not doubled but quadrupled. "I bought a pumpkin, I just put up a photograph, can you like it please" or "she dumped me, its complicated", or " thinking, if I press send, it will reach him in 10 seconds , screw it I'll just call" or deciding the colour "blue, red, silver, bottle green, magenta, steel grey, etc..."

Too many choices and so we circle back in time, go primitive, fastest one wins! And that's life today... a rush... because you know its going to end soon. And when you have beauties like these, little is left for debate. 1965 Pantera jumps in the same pit as the GT40, its war... Porsche GT3, Lexus LFA, Nissan 370Z, GMC 2500 Yukon etc. I could go on...the list is endless... all these and one race. I remember being there, with about 50 to 60 supercars, and at that moment the people around didn't matter. You're sitting inside a million dollar car, wondering, "kahin thuk gayi toh vaat laagin". Hehe...I could give you fun facts about Lamborghini starting out as a tractor company at first, or one of the designs was inspired by an insect, or that the name Countach comes from a cuss word. But all that's for Google to know. Here's my take - all this at the end of the day is pointless if there is no love. Somewhere it's that one woman or man waiting for you to find her or him and jolt them out of their gears and rev their lives up and with God my witness, when she flags off that race, is when you know the finish line is worth all that muscle and juice. So, Here's to the Family as Furious motto goes.

upgrade

DJ BBQ PRESENTS
FHM man food



BLUES-BEATING
KILLER CORN DOGS

Kick winter's butt with this deep-fried meat on a stick...

DJ BBQ SAYS...

"Dudes, DJ BBQ is here for you. I know you're all freezing your butts off. I know you'd all rather put your penises into a vice than get out of bed in the mornings. I know it feels like light years until that next pay packet drops, and I know your New Year's diet is making you ill as shit. Listen: screw your flu tablets. The only medicine that'll help beat winter's ass is my deep-fried, winter butt-kicking corn dogs."

"Why do these bad boys make me instantly happy? This is true American fairground food. When is a kid happier than when he's rolling around a fair with a belly full of food ready to throw up on a ride? Never. A bag of cotton candy and these beauties had me grinning like a frickin' goon. What's more, there's a mega-ton of carbs in there, all deep fried and golden. Man, it's total and complete happiness on a stick. Hand it to your bro and watch his grumpy ass thaw out."



THE RECIPE

Preparation time

20 mins

Ingredients

Yellow cornmeal
Plain flour
3 tbs sugar
2 tsp baking powder
Sea salt
Ground pepper
4 large eggs, beaten
Whole milk
Vegetable oil
Loads of hot dogs
French's yellow mustard

01

Whisk up your cornmeal, flour, sugar, baking powder, salt and pepper, then stir in eggs and milk to make a batter. "You want a thick consistency so it hugs that hot dog like a blanket," says DJ BBQ.



02

Pat your dogs dry, and ram a kebab stick into it lengthways. Roll in flour and then dip into the batter. Wipe any excess batter away using your fingers to make sure you have an even smooth coating.



03

"Heat the oil in on the hob. It's ready when you can flick a bit of water in and it fizzes," DJ BBQ says. Cook them for 5–7 mins,

turning them every so often. Take them out, cool them down, get some dips and get ready to punch winter in the nuts.

SHOW US YOUR
MANFOOD!

#FHMManFood



TRAINERS

LIFE AND SOLE OF THE PARTY

March is over and habitual drinking has once again become acceptable. Here are the freshest creps to wear to any shindig



₹6,230
LACOSTE.COM



₹7,900
NEW BALANCE
AT SCHUH.CO.UK



₹8,270
SAUCONY
ORIGINALS AT
ENDCLOTHING.CO.UK



₹5,110
VANS.COM



₹6,505 LECOQSPORTIF.COM



DAPPER
PUB
CREPS

₹6,970
LUKE1977.COM



SNOW
PLOUGHING
SNEAKS

₹9,760
NIKE AT JDSports.COM



₹5,995
ONITSUKA TIGER AT
WORKINGCLASSHEROES.CO.UK



₹26,950
RAF SIMONS
X ADIDAS AT
HERVIA.COM

upgrade

FHM Girlfriend

Carly

All this rugby-loving, whisky-drinking, steak-eating South African lady wants is a real old-school gentleman...



Jay Mawson



Rich Innes

Occupation: Model

From: South Africa

Age: 21

Twitter: @CarlyLottering

Likes: Peanut butter and Nutella mixed together on toast, Johnnie Walker whisky, South African rugby player Pierre Spies

FHM: Tell us something we don't know about South Africa...

Carly: We have the best fish and chips anywhere in the world.

Better than ours? Fish and chips is the national dish of the UK.

Really? I didn't know that. Well, I doubt your fish and chips are better than the ones you get in Cape Town – our stuff is so fresh. Plus anyone who lives in South Africa could live like a king or queen. I've been in London for two months, and the price of things here is scary. London is very different to how I was expecting it to be...

How do you mean?

In the movies, there's always a nice vibe in the streets; people say hello to each other. But when I got here, I was so shocked! The people were kind of rude. There's a film called *Wild Child*, which is about an American girl who goes to boarding school in England. I thought it'd be just like that: all rainy and quaint.

It can be like that! Where do you live now?

I'm living with four other models in Shepherd's Bush.

Sounds good.

Ha! Guys always get excited when they hear about that. I'd love to tell you that we're constantly having sexy pillow fights, but I'm afraid that's just the image in your head...

Is Afrikaans your first language?

It is – I actually didn't start speaking English until I was 15. I think Afrikaans is a nice language, but I've had jobs in London where people have asked me to keep quiet because the accent irritates them. That is pretty damn rude, but I guess it proves that people don't find it very sexy! French – now that's incredible. That's a beautiful language. Any man who speaks with a French accent... Mmm...

So aside from being French, what else do you look for in a man?

Firstly, he needs to have a good sense of humour. He also needs to be intelligent and treat me like gold. A beautiful guy with a beautiful body wouldn't hurt either! But I don't know where I'm going to find that guy, I have high standards. It's my dad's

»



fault, I'm afraid. He wants me to marry an Afrikaans guy – they tend to have better manners.

Is it still possible to chat you up?

If you're a nice gentleman and you say that I'm really beautiful, then I might give you my number. But don't say, "Hey, you sexy thing, can I have your number? Let's grab dinner..." No thanks. That's not going to work. But if you're polite, I don't mind having a drink with you in a cool bar or something.

Have you ever kissed someone you've only just met in a club?

Well I've done that, of course. But I would never expect to find a long-term relationship there!

When you are in a relationship, do you make a good girlfriend?

I'm a big rugby fan and I used to go and watch South Africa games with my ex. One time, when we got home, we took some pictures of me in his jersey while I did a lap dance. It was pretty sexy. That sounds hot, right?

Yes. Yes it does.

I eat a lot, too. My favourite meal is steak and chips with mushroom

"I wore my ex-boyfriend's rugby jersey and did a lap dance for him"

sauce and cheese – it's making me hungry, just thinking about it. Everyone looks at me and thinks I don't eat but I *really* do. I stay healthy but I guess I'm just lucky, too. I have chocolate and coffee before I go to sleep every night. I can't sleep without a coffee.

Eh? But coffee is meant to wake you up, isn't it?

I think that's shit, it makes me tired. I just had one and I'm sleepy now. But generally, if you want to impress me, take me to a buffet and just feed me. And give me whisky – that's my drink. Johnnie Walker Black Label please!

So, the perfect date is watching rugby, drinking whisky, and then a dinner of steak and chips?

Do all that and I'll be the happiest girl ever. Although that plan makes me sound like a guy, doesn't it?

QUICK-FIRE ROUND

Boobs or bum?

Bum. Boobs are overrated

Quavers or cucumbers?

Cucumbers

Sofa or gym?

Sofa

Heels or trainers?

Heels

Shorts or skirts?

Shorts

Instagram or Twitter?

Instagram

Bikini or beanie?

Bikini

Invisibility or ability to fly?

Invisibility

Dogs or cats?

Cats

McDonald's or Burger King?

Burger King

Beach or pool?

Pool

Bearded or clean shaven?

Clean shaven

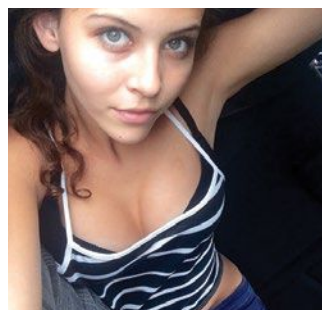
Want to be an FHM Girlfriend?
Go to fhm.com/girlfriend to apply

Hair & Make-Up: Nat Schmitt. Styling: Vicki Hillman. Lingerie By Mimi Holiday

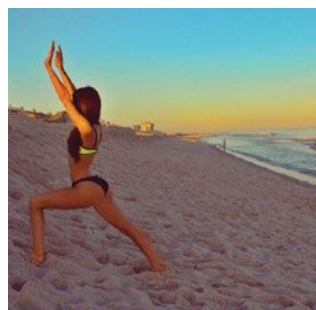
Carly's life this month: @CarlyLottering



Beaches are fun, if only the Sun wasn't so scorching!



Style check!



Skip the diet, just be healthy!



Staying fresh with messy hair

THE FINAL COUNTDOWN

10 THINGS THAT WILL ALWAYS, ALWAYS BE FUNNY



10

CRAP IMPERSONATIONS

Accurate celebrity impressions are good, but for gut-busting funniness you can't beat one that's so wide of the mark that it's utterly ridiculous. Like how your Uncle Ron's impression of Cheryl Cole always comes out as an elderly Jamaican lady with a bad concussion. So awesome.

09 YOUR MATE GETTING CRABS

Men never stop finding genitals hilarious, so it's always funny when your close mate catches a non-permanent but super-embarrassing STD. Crabs are the funniest, because they're called "crabs" and pubes are involved.

08 YOUR MATE STACKING IT

Ever since prehistoric man

pulled himself upright onto two legs and took his first tentative steps towards civilisation, he has been falling on his arse. And since man has been falling on his arse, man's mate has been on hand to laugh so hard that he gets a stitch.

07 RIGHT TEXT, WRONG PERSON

We live in hyper-connected times, and we're all firing off so many emails, texts, and WhatsApps that, every so often,

we're bound to send the exact wrong message to the most perfectly wrong person. If you've ever been with someone who's just accidentally sexted their mum then you'll get where we're going with this.

06 TOILET PAPER STUCK TO SHOE

If you've just exited a pub toilet and you've got a metre of bog roll trailing from your shoe, then you may as well call it a night and go home immediately because you're never going to regain your dignity. You are now the Official Pub Clown Of The Evening, and nobody will take anything you say seriously for the rest of time.

05 FLATULENCE

Farts so obviously belong on this list but there are a few variables that determine the hilarity of any given air-biscuit. For example: a baby's fart is hilarious, but an 80-year-old's? Not so much. A stranger farting at the next urinal is funny; a stranger farting in the next toilet stall is just gross. And a noisy fart is funnier than a stinky fart – unless you are the architect of the latter, you're within an enclosed space with your friends, and there's no escape.

04 SMALL CHILDREN SWEARING

Hearing a preschool child absent mindedly drop an unexpected F-bomb in public will always be funny for two reasons: firstly, the child invariably has no idea of the huge shock waves they've just unleashed on everyone in the vicinity. Secondly, the

child's parent wishes the ground would open up and swallow them whole.

03 OLD PEOPLE'S TECH FAILS

Whether it's your mum accidentally entering "buttock stretch-mark pills" as a Facebook status rather than a Google search, or your grandad telling everyone he's been emailed by an African prince who wants to make him rich, you can't beat ye olde folkes getting the modern world all wrong.

02 SOMEONE ELSE'S CATASTROPHIC HANGOVER

Your own hangovers are no laughing matter: your brain hurts, you're consumed by a nameless dread, and everything is wretched. But if you're hangover-free and your mate is in absolute bits, their pitiful sighings, twitchings and almost-vomitings will keep you tickled pink all day.

01 UNFORTUNATE NAMES

The following are all 100% genuine names, currently belonging to actual human beings: BJ Cobbledick. Dick Smalley. Flavour Balls. Phat Ho. Dick Dong Wang. We could go on, but by now you're either snoring like an idiot (in which case, you are alive) or you've remained stone-faced (in which case, a bad news: you are dead).



Words: Joe Madden

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Indian Motorcycle Gurgaon
Techno Automobiles Pvt. Ltd.
B-10, Info City, Sector-34,
Gurgaon-122003, Haryana
Tel: +91 8826447447
+91 8826446446

Indian Motorcycle Mumbai
(Coming Soon)
Auto Hangar (India) Pvt. Ltd.
Mumbai
Tel: +91 9870704217
+91 9820067658

Indian Motorcycle Bangalore
(Coming Soon)
Exquisite Moto LLP
No 126, Infantry Road,
Prestige Nugget, Bangalore
Tel: +91 9845002304

Indian Motorcycle Chennai
(Coming Soon)
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Tel: +91 9840361000

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